

Efm Eat Well, Live Well

... LEARN WHAT TO EAT, WHEN TO EAT
AND HOW MUCH TO EAT ...

- ✓ No calorie counting
- ✓ Meal plan included
- ✓ 4 weeks + bonus 4 weeks
- ✓ Suitable for the whole family
- ✓ Comprehensive nutrition manual
- ✓ Recipe Book - Quick, Easy, Healthy

Efm Eat Well, Live Well program is not a diet, it's a lifestyle

All meal plans are nutritionally balanced and dietitian approved

Over the next 4 weeks you will learn shopping tips, cooking tips and nutrition tips

We will simply help you eat consistently well



\$149

includes
recipe book



The right fit for you.

We are a club that cares about YOUR health, with personalised training, without the exorbitant fees.

**A good fit for your life.
The right fit for you.**

sprout

health studio

Register your interest at: efm.net.au/eat-well-live-well/