

The FemPower Method

EAT - TRAIN - MAINTAIN



A Lifetime Investment

Invest in yourself.
You're going to
represent you for a
very long time.

— LINDEN TYLER



Hi! My name is Mel.

I'm a Naturopath, Nutritionist & Personal Trainer

Health and Fitness are not only my passion but my career, I love more than anything to help women become healthier, fitter and happier in all elements of their lives.

I'm also a huge advocate for empowering women through support and education

I see so many women that have no time, have tried everything and just don't know what to do. Well ladies, here I am ready and willing to educate and empower you to become the best version of yourselves.



What is the FemPower Method?

*Your complete one
stop shop for
everything you need
to lose weight and
feel amazing.*

If you're a career focused female who needs help with weight loss and doesn't have time to look after yourself then you're going to want to know all about my new program The FemPower Method

The FemPower Method is a 3, 6 or 12 month transformation experience for busy women who are sick of struggling with:

- Weight gain
- Poor energy
- Lack of time
- Lack of knowledge

And want to learn how to lose weight, exercise in a way that suits them and most importantly how to maintain all of this for the long term, coupled with an expert guide with them every step of the way.

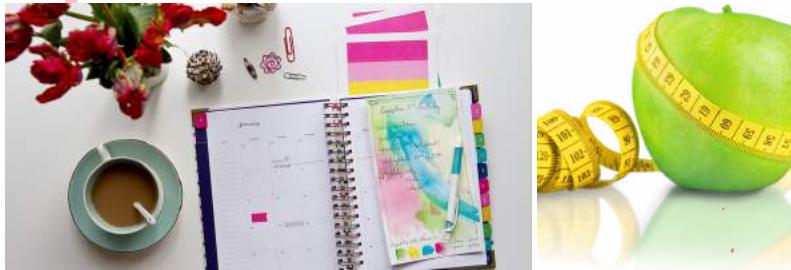
You will have a combination of online 1:1 consultations, essential testing, a personalised treatment plan, and regular accountability with other like-minded busy working women.



ASSESS

Plan and set your goals so you can begin to feel and look as you always wanted

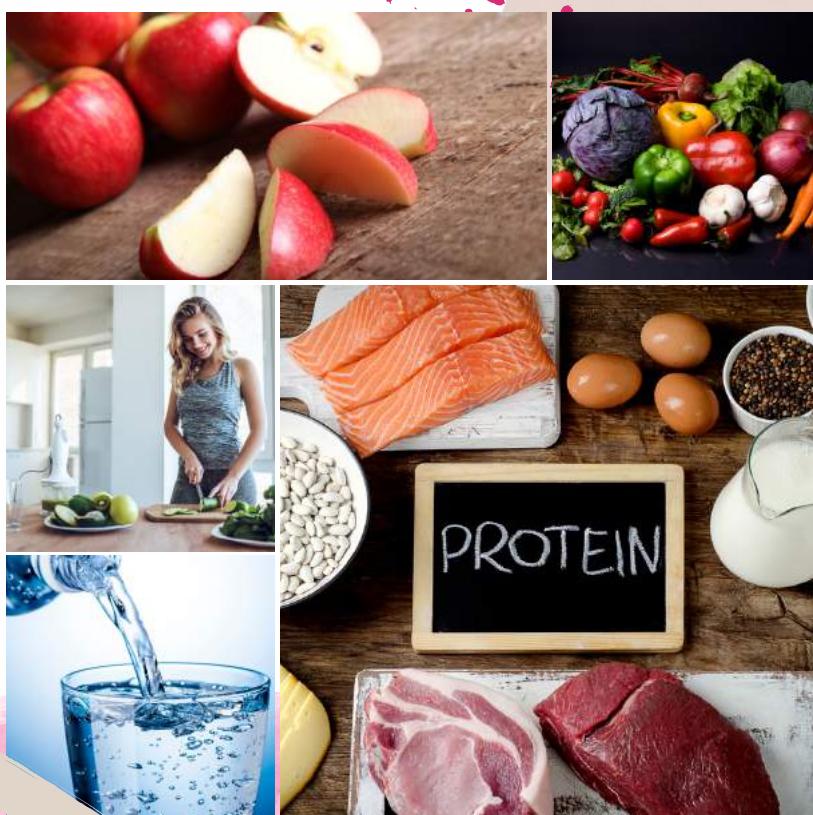
- 1:1 Initial consultation where we gather all relevant information about your health, family history, medications and health concerns
- Through goal setting and discussing aspirations we can help you achieve everything you want



NOURISH

Learn all about wholefood nutrition so you can manage your weight for the long term

- Introduction and implementation of personalised nutrition plan including 1:1 online consults. [CLICK HERE](#) to learn more.
- Cook books and recipe ideas just for you
- Ongoing support and group sessions throughout the term of your program
- Handouts and Helpful information to get you started



ENHANCE

Receive a customised treatment protocol to fast track results

- Fast track your results through personalised treatment plans based on your blood tests
- Support your mind and body as you progress through the program



MOVE

Empower yourself to exercise with knowledge to ensure you get the body you want

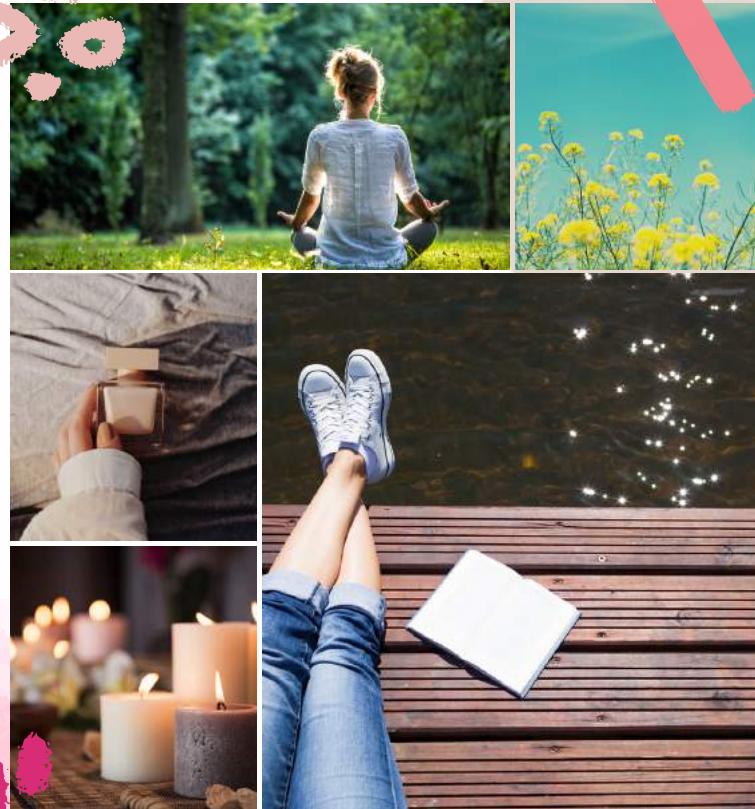
- Learn to love movement
- Find the things you love to do and make exercise an enjoyable part of your day
- Be educated on the importance of movement



NURTURE

Learn how a healthy body is a home for a healthy soul.

- Discover how to transition your new way of life in to your existing world
- Take the time to establish your new rules to life
- Give yourself the love and attention you deserve
- Become more mindful about what you are doing and why you are doing it
- Learn to listen to your body



My Commitment to You

Trust in me and my experience to help you achieve your goals.

Support every step of the way

100% Selfcare

Individualised Nutrition Program

Help you find your love for movement

Personalised Treatment Plan



Our Happy Customers

Sharyn - 52

My plan was easy to stick to and I saw the results almost immediately.

Paula - 45

Besides weight loss I also love the fact that my overall health has improved and now I know exactly what I should eat to maintain my health.

Tania - 32

I can highly recommend doing this program. It has helped me feel so much better. I never thought I would feel this good again, let alone look this good,

Michelle - 35

I lost over 14kgs in 12 weeks - you get the results if you stick to it!

Tracey - 46

Melanie is an absolute pleasure to deal with and a wealth of knowledge. I can't thank her enough for all the support & assistance.

Nina - 54

This program with Mel's support was a life changer.

Connect with us

Instagram

@one life health

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@one_life_health

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