CLEANING UP THE COMMUNITY

Food Fix 4 Life, Food & Lifestyle coaching is improving food choices for a healthier lifestyle.

Foodfix4life has helped many local individuals and families become happier and healthier. Through small but effective changes, Therese has truly made an impact on people's lives for the better.

Therese says, "Finding the right balance of food is important to the quality of our lives. Good health is not only dependent on a healthy diet, exercise is important too. Exercise helps increase vitality & metabolic rate. A healthy balanced diet combined with regular exercise goes a long way to ensure a happy mind and healthy body".

As a food coach Therese has combined her knowledge of food, diet and exercise to develop healthy recipes, meal plans and exercise programs that are simple and balanced, to ensure long term sustainability.

Therese has worked with local GP's to help the community achieve that happy and healthy balance. Together they have been able to reduce and even eliminate life dependent medications.

Therese is truly passionate about maximizing health and well-being whilst incorporating balance and perspective. Therese's program uses fresh foods no pills, fads or shakes. Each meal plan is individually tailored to suit the needs of the client. Therese specialises in Weight loss, Blood pressure, Cholesterol and Diabetes management.
She believes "If you eat well you feel well and live well"!

Foodfix4life has just released an App, which is a great tool for those who exercise, watch their weight and want to choose better brands at the supermarket! No gimmicks, no calorie counting, just a simple, healthy tool with specific information to assist with healthy eating. Just $1.99 available at the App/Android store. Type 'Foodfix4life' and search or follow the link on the 'Foodfix4life' Facebook page.

Therese's very own signature muffins are now available in Woolworths. Selected stores have created a healthy lunchbox section along with many calorie controlled snacks and juices. All of which have been approved by Nutrition Australia and at very affordable prices.

Foodfix4life has also incorporated **Foodfix&fitness** under the company umbrella, which solely looks after Personal Training, Sports Specific Training, Boot Camps, and Kids Boot Camps. For more information see website or Facebook page.

Foodfix4life is currently working on a recipe book 'eat well feel well live well' due late 2014.

To read testimonials please visit www.foodfix4life.com.au