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**Healthy Days Health Coaching Studio** was born from my deep desire to help people understand that they can have a healthy lifestyle and feel good about their bodies.

Let's strive towards the happiest, healthiest version of you this year. Every person has what it takes and together we can embark on this journey towards self-appreciation and the knowledge that you are good enough just as you are. I will be very happy to accompany you along this lifestyle journey and will aim to give you the best possible guidance.



You're never too old for pilates!



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## Nutritionist & Health Coach

Imagine this: You've just woken up and you feel full of energy. Your mind is clear and you get up and have a healthy breakfast.

Throughout the day your energy is good, your mood is stable, you're mentally sharp and your concentration is good. You haven't had any energy dips, become irritable or experienced a single craving.

You feel on top of your life but that is just the inside story. You look good, your weight is more or less where you want it to be, you are well-toned and your skin has a healthy glow. People often comment on how well you are looking. You feel young both physically and mentally, and this is how you will feel every day!

Welcome to the new you. This is not only how you could be, this is how you should be.

All it takes to start this journey is 30 days.

### WORKING WITH ME

There's no one standard diet formula that suits everyone. We all have differing nutritional needs, different health concerns and different lifestyles. In my practice, I work with you as an individual, creating solutions tailored to your own unique needs.

When you work with me I am committed to getting you the results you desire. I'm here to support you, educate you and keep you motivated until you reach your goal. I'll do what I can to make sure you lose weight and have all of the tools in place to maintain it long term.

If you have any questions you'd like to ask me, or if you'd like to book a complimentary 15 minute phone consultation to find out whether I can help you, please don't hesitate to contact me.

### **The Six Pack Plan (6 weeks)**

1 x Nutrition Success Formula eating plan booklet, healthy eating shopping list & seasonal recipes

1 x Health coaching booklet, weekly food diary review & support for improved food choices

6 x One hour consulting sessions and health and weight loss coaching

**R 2 000.**

### **The Quad Toner Plan (4 weeks)**

1 x Nutrition Success Formula eating plan booklet, healthy eating shopping list & seasonal recipes

1 x Health coaching booklet, weekly food diary review & support for improved food choices

4 x One hour consulting sessions and health and weight loss coaching

**R 1 440**

### **The Core Maintenance Plan**

Weekly check-in and e-mail support (15 minutes) = R250/month

### **The Espresso Plan**

1 x Nutrition Success Formula eating plan booklet & healthy eating shopping list

1 x 90 minute consulting session and health and weight loss coaching

**R500**



**Lohra de Waal**

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