



## Health Optimisation Programme

### Half-Day

Time	Element	Duration
0800	<b>Movement.</b> A gentle walk in nature or beach side to start your day.	45-60 minutes
0900	<b>Nourish.</b> A nutrient rich, high protein, high vitamin & energy breakfast.	30 minutes
1000	<b>Movement.</b> A 1-1 personal training session. Gym or home-based.	60 minutes
1130	<b>Recovery.</b> A Sports Massage Therapy session to reduce tension & flush toxins.	60 minutes

### Important Information

Organic Cold Pressed Juices, and Alkaline Water are included for optimal hydration.

This is available 1-1, or in your own personal group of 2-4 people.

You can set the Half Day up as you wish, changing timings or elements as you like.

Dates are available to suit your preferred times / holiday.

Please get in touch, via the website, to see about availability and pricing.

