



ACHIEVE NEW LEVELS OF HEALTH, FITNESS AND VITALITY WITH MICHELLE OWEN

Holistic Nutrition, Exercise, and Lifestyle Consulting

www.fitness-n-function.co.nz



20 years is a long time in the health and fitness industry and this has given Michelle Owen a wealth of expert knowledge and practical experience.

After several successful years of competition as a national and international body builder (Ms New Zealand '96, '98, Ms Oceania '96), Michelle continued her development and training with The C.H.E.K Institute in San Diego, California.

Michelle combines her earlier practical experience with the C.H.E.K. approach, specialising in corrective and functional exercise, spinal rehabilitation and bridges the gap between physical therapists and personal trainers.

In addition to motivating clients through her dynamic personality, Michelle possesses an exceptional ability to bring complex and scientific information to a level easily understood by everyone.

Michelle will perform a full postural and orthopedic assessment before writing a programme uniquely tailored for you. She will work with you to correct the imbalances in your body, relieving pain, tightness and discomfort, and strengthening your core and structure in preparation for work on a fantastic visual shape.

Nutrition is an important part of the programme - Michelle will also assess your metabolic type, existing nutritional habits, hydration levels, stress, digestion and immune health, and guide you to optimal choices for your particular lifestyle.

Michelle enjoys working with people of all levels of ability from the chronically injured to elite athletes and anybody in between. Whatever your fitness goals, Michelle's programme can help you achieve new levels of health, fitness and vitality.

One of the main points Michelle emphasises is her focus on creating solutions based on her client's specific requirements and not a one size fits all approach. No two people are created the same, outside or inside and therefore neither should their nutrition, exercise, or lifestyle program.

She will help facilitate the body's natural ability to return to an optimal balanced state, by helping her clients make informed choices based on their individual needs for nutrition, exercise, and stress management,

This all comes together with the desired outcome of **preventing** the symptoms of disease and stress before they appear, and cultivate her clients optimal physical, mental, and emotional abilities.

Contact Michelle now for a no obligation discussion on how she can help you or your company or visit her website for more information.



Michelle Owen
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