



ACHIEVE NEW LEVELS OF HEALTH, FITNESS AND VITALITY WITH MICHELLE OWEN
Holistic Nutrition, Exercise, and Lifestyle Consulting



I would like to briefly explain my unique approach to this discipline. One of the main points I need to emphasise is my focus on creating solutions based on my 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.

I help facilitate the body's natural ability to return to an optimal balanced state, by helping my clients make informed choices based on their individual needs for:

Nutrition, Exercise, and Stress Management.

To help:

prevent the symptoms of disease and stress before they appear, and Cultivate their optimal physical, mental, and emotional abilities.

Firstly I evaluate my client's current level of wellness based on numerous health and lifestyle questionnaires that assess:

how much stress their body is being subject to, and their specific priority issues that require attention first.

From this information I formulate an Individualized eating strategy to enhance their physiology and begin educating them on:

the importance of food quality, choosing foods correctly, food allergies, water and optimal hydration, environmental toxicity factors, the importance of sleep/wake cycles, and proper breathing.

This gives us a basis to develop a manageable plan of action to incorporate these factors into their lifestyle in the order of importance required and tailor it to suit their specific needs and abilities.

The next step in the process is to assess my client's current physical state and level of dysfunction. I do this by utilising a series of extensive postural / orthopaedic and functional testing/assessments. By correlating these results with the clients environmental and work demands I design and implement a personalized exercise program that can be performed at home or in a gym.

The program incorporates:

Mobilizations of tight/stuck joints, stress reducing mind-body exercises, stretching of tight muscles, and strengthening of weak muscles. All of which will help address their specific imbalances, and enhance their overall function and well-being.

In further sessions we would look at fine tuning all of the above aspects and reassessing the client's goals, programs, and physiology when necessary depending on their requirements. If you are interested in achieving your own optimal balanced state or assisting your staff to please do not hesitate to contact me or visit my website for more information.



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