

## Sign Up today!

Effective, personalised coaching so you can realise massive and measurable success in your eating and optimal health related goals.

**6 Month FUELLED Coaching Program**  
(2 sessions per month)

**1 full payment of \$1,800**

(\$300/month - Save 10%!)

Or \$660 initial down payment and then \$330/month starting 3rd month (4 more monthly payments)



As an author and certified health coach,

# Agathe helps you get **YOUR GOALS**



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# **Fuelled**

six month  
coaching program



Transform Your Body | Enhance Your Energy | Supercharge Your Life



# Fuelled

Bermuda Ltd.



As an author and certified health coach,  
Agathe puts the power back in YOUR hands

integrative nutrition health coaching

➤ Drawing on my expertise, I wrote **FUELLED: Transform Your Body | Enhance Your Energy | Supercharge Your Life** and started coaching to help people like you make lifestyle changes and choose health-promoting habits that produce real and lasting results.

➤ When you embark on your transformative 6 month coaching program, you will develop a deeper understanding of food and lifestyle choices that work best for you and your health, improving your energy, weight, confidence, health, and happiness.

➤ Each coaching session will leave you feeling inspired and motivated and knowing you have a plan. I will go beyond food, seeking to bring balance to important elements of your life such as physical activity and relationships as well as career and money. I will personally and carefully guide you to make simple, small changes that transform your life. You will renew your outlook on food and health, revitalise your energy and even leave believing that healthy doesn't have to be hard (with recipes that prove it!).

➤ As an author and certified health coach, I can help you get your goals.

➤ My education has equipped me with extensive, cutting-edge knowledge in holistic nutrition, health coaching and prevention.

➤ I studied with the world's top health and wellness experts. I graduated from the Institute for Integrative Nutrition where I learned innovative coaching methods, practical lifestyle management techniques, and over 100 dietary theories – Ayurveda, gluten-free, Paleo, raw, vegan, macrobiotics, and everything in between.



➤ Stop struggling so hard (and so alone!) to breakthrough to the next level of success!

Let's get you refocused, confident and rapidly progressing in one of the most significant areas of your life.

**I have an amazing and transformative 6 month program to help you realise MASSIVE and MEASUREABLE success in your food and healthy eating goals.**

In my 6 month **FUELLED Coaching Program**, you will develop a deeper understanding of the best food and lifestyle choices for you, improving your body composition, energy, health, and happiness.

**Why Coaching?** Because you need a coach to help you get clarity on your goals, to see your actions, show you a better way, keep you on track, and ultimately 10x your results.

My mission is to help you gain your energy edge, shed unwanted weight in a sustainable way and close the gap between where you are now and where you want to be through **FUELLING your body** so it works at an optimal level – helping you achieve the vibrant and fulfilling life you might have thought previously

unimaginable for yourself – so that I can see you succeed in the progressive realisation of worthy goals and dreams after that. Because achieving optimal health is the best springboard for achieving all of you biggest dreams.

You have the power to change your body and health destiny, starting right now, starting TODAY.

**But are you committed?**

Remember, this coaching program is for you only if you are serious about making some lasting and positive changes in your life. I would be honoured to help you accomplish them.

**Your next step is to schedule your 1 on 1 FUELLED Coaching Sessions.**

Contact us to start the discussion today.

We also offer specialised Coaching Add-Ons like home kitchen audits, grocery store tours and personal cooking demonstrations to enhance your experience and help you excel.