

## CONSULTATION



### You are not alone!

Research has proven nutrition or weight loss programs are successful when you meet face to face with a trained consultant. You are accountable to that person. You begin your **Rancan Sisters Fitness FOOD COACH** journey with a 1 hr consultation.

<b>FIRST VISIT</b>	1 hour
<b>SECOND VISIT</b>	30 minutes
<b>3 - 8 VISITS</b>	15 minutes
<b>FINAL VISIT</b>	1 hour
<b>TOTAL</b>	9 week PROGRAM

\*yes, you can continue the program or re-start at any time

Sound like your cup of tea?

**BOOK and PAY NOW** – call 9960 8687 or email: [foodcoach@rancansistersfitness.com.au](mailto:foodcoach@rancansistersfitness.com.au)

Rancan Sisters Fitness **FOOD COACH** is available for MEMBERS and NON-MEMBERS.



Rancan Sisters Fitness  
Headland Park  
Mosman



Rancan Sisters Fitness  
Headland Park  
Mosman

## BOOK YOUR APPOINTMENT NOW!

### Rancan Sisters Fitness **FOOD COACH** consulting rooms are located at:

Headland Park, Building 9, Suite A, Crane Crescent,  
Mosman (directly behind Rancan Sisters Fitness)

### Testimonials

*"I exercise and eat healthy food and **FOOD COACH** has really helped me lose body fat and the few extra kilos I couldn't move."*

K. Simpson, Cremorne

*"It made a big difference meeting with my **FOOD COACH** consultant each week to keep me on track, I love the results."*

S. Rogers, Mosman

*"The weekly shopping list, the menus and recipes made it so simple to stick to a healthy eating plan. I learnt so much more about nutrition."*

Andrew MacMillan, Balgowlah

Email: [foodcoach@rancansistersfitness.com.au](mailto:foodcoach@rancansistersfitness.com.au)

Phone: 9960 8687 / 9960 5556



## FOOD COACH



### The nutrition and exercise system designed especially for you!

Want a nutrition plan that matches your current exercise? Or an exercise plan that matches what you currently eat? Want to know if your health is heading in the right direction or whether you are on the wrong track?

Rancan Sisters Fitness **FOOD COACH** can do this and much, much more. It's been built by experts, but experts that live in the real world. We know you don't always exercise when you should, and sometimes you eat things you know you shouldn't. That's real life. **Rancan Sisters Fitness FOOD COACH** can help you manage all that so you can get to your health goal and live like a human, not a robot...

[www.rancansistersfitness.com.au](http://www.rancansistersfitness.com.au)

Email: [foodcoach@rancansistersfitness.com.au](mailto:foodcoach@rancansistersfitness.com.au)

Phone: 9960 8687 / 9960 5556

## MEAL PLANNER, IT'S QUICK & EASY



### Your health plan will be unique and perfect for you!

No more generic meal plans or suggested recipes because **Rancan Sisters FOOD COACH** will create recipes, right down to the correct serving size for you, for every meal! And it's real food, not shakes or magic pills. Food you can buy in any supermarket or just about any restaurant. Food and menus that change every week.

And these recipes will exclude foods you don't like, are allergic to, or should avoid because of a medical condition or because of a medication you take! As we said, perfect for you.

## TRACK YOUR IMPROVEMENTS AS YOU GO!

Track your weight and body measurements on your health plan, and every activity including Rancan Sisters Fitness Classes. **Rancan Sisters FOOD COACH** gives you the ability to track the things that are important to you, whenever you want to!



## Meet the team behind Rancan Sisters Fitness Get Vibrant FOOD COACH

### Dr Kate Marsh

Kate is passionate about health. In 1995, she graduated with a Master of Nutrition and Dietetics from the University of Sydney, completing a Graduate Certificate in Diabetes Education and Management in 1997. An advanced, accredited practicing dietitian and credentialed diabetes educator, Kate is also the Director of Northside Nutrition and Dietetics, Sydney. She recently achieved her PhD into the effects of Glycemic Index (GI) in the diets of women living with PCOS, and is co-author of several books, *The Low GI Guide to Managing PCOS*, *The Low GI Vegetarian Cookbook* and *Low GI Gluten-Free Living*. Her medical knowledge is an invaluable, reassuring source for those seeking a healthier, happier way of life.

### Dr Janet Smith

A General Practitioner with over 20 years experience, Janet's special interest lies in preventative health, weight loss and lifestyle change. Her goal is to ensure the ongoing well-being of others by providing achievable goals and encouragement at every step. An active member of her local GP network, Janet maintains her own good health with a love of ocean swimming and keeping up a balanced, nutrition-filled diet.

### Dr Joanna McMillan

As a registered nutritionist and accredited practicing dietician, with a PhD in nutritional science from the University of Sydney, Joanna is an expert in the benefits of good health. She is also a trained fitness leader, having taught group exercise classes for almost 15 years. Joanna's ability to translate science into everyday messages has made her a sought-after media spokesperson. An accomplished author, she has written numerous books on health and fitness.

Passionate about quality food, Joanna loves to eat and cook and is a firm believer that these traits lay at the heart of healthy living and achieving the best-possible diet.

### Michael Smith

Michael is an exercise physiologist and co-founder of Get Vibrant Food Coach! He's worked extensively in injury rehabilitation, corporate and public health programs; experiences that gave him an implicit understanding of what it takes to, quite literally, get a workplace 'up and running'. In participating in these programs, Michael recognised the need for a comprehensive, online health tool that he could recommend to his clients, one that would keep them on track when he couldn't be there in person. With none in existence, he decided to help build one.

### Who are the Rancan Sisters Fitness FOOD COACH consultants?



A team of Rancan Sisters FOOD COACH consultants have been especially selected by Adele and Lisa Rancan to deliver this program to you. You will meet with the same consultant each week. Between appointments your progress will be monitored and you will receive messages. You may need some help or questions answered and your consultant will be available via email. Your 9 week commitment is all that is required.

Easy and quick to use. Access it anywhere! Rancan Sisters FOOD COACH works 'in the cloud' so you can access it anywhere you can get online. This means there isn't any software to download or any gremlins to slow down your computer. Instant updates and ready for you whenever you are!