

IT'S YOUR MOVE

*“You may not be sick,
but that doesn't mean you're healthy.”*

Health is not a default setting, it requires pro-active pursuit and the most pro-active thing we can do to invest in our health is to be pro-active, literally.



Aside from being addictive (and free), it's no secret that the more we *move*, the more we combat chronic disease, control our weight, improve our moods, boost our energy, get better sleep, strengthen our immunity and enhance our brain power. So why don't we get our game on!? Simple really.

Most of us know *what* to do, some know *how* to do it but very few know *why*?

Knowing your “WHY” is the most powerful motivator and lifestyle behaviour modifier – and figuring it out is the gist of *Michael's* keynote presentation.

Using empirical, on the spot self-assessments - each member of the audience has an opportunity to identify their own personal “WHY” – which, when linked to the myth busting, evidence-based eye-openers on how we should EAT, SLEEP and MOVE, makes for an entertaining, compelling & life-changing session.

There's a strong likelihood that this single hour

could extend your life by a decade. Science says so ... what do you say?



It's your move.

“I get my greatest kicks from sharing up to date insights on health in a simple-to-understand, practical and relevant way, with people who want the most out of life, cause it really is true...”

Life's so much better when you're healthy.”

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