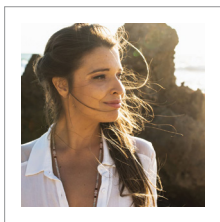
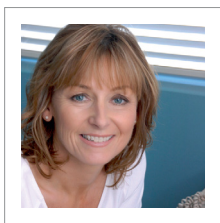


body + mind  
transformation in  
four weeks :  
**revitalise 5 + 2**  
**program**

**5** + **2**  
**FIVE + TWO**

### The Revitalise 5 and 2 Program includes:

- Initial dietetic assessment with Dietitian and Nutritionist, Jo Beer
- Weekly motivational and weigh-in sessions with Jo
- A delicious, easy and revitalising 4-week menu plan
- Pure Glow juices and teas
- Guest chef recipes from Healthful Treats
- One-to-one and group classes with yoga guru Rhyanna VL
- Different packages available to suit your individual needs



*Want to start your transformation?*

*Revitalise 5 and 2 explained...*



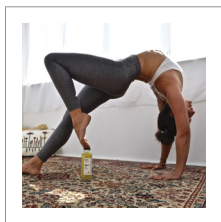
# revitalise 5 + 2 :

it is all about you  
- your health and  
your wellbeing.

# 5 + 2 FIVE + TWO

Your 4-week transformation is a program supported by clinical knowledge and experience, designed to ignite your enthusiasm for healthy and positive living. *How?*

- Initial dietetic assessment (and biochemical analysis) with Perth Dietitian, Jo Beer (BSc (Hons) BSc (WA) Grad Dip Diet APD AN CDE), and weekly follow-ups with her for support, coaching and goal review.
- A 4-week menu plan designed by Jo using local, fresh and unprocessed foods that feed the gut, strengthen the mind and revitalise the body.
- Unique and delicious juices and teas from Pure Glow, guest chef recipes from Healthful Treats and expert dietetic advice tailored to your needs.
- One-to-one session with yoga guru Rhyanna VL and group classes in her beautiful Camelot Studio in Mosman Park.



## Start your transformation in 2017 with Jo and Rhy.

For more information call Jo on 0403 938 747  
or email [jo@revitalise.com.au](mailto:jo@revitalise.com.au)

