



NUFIT WELLNESS

**THE 6 WEEK SUMMER
TEEN WELLNESS PROGRAM**

Dietitian & Wellness Coach

KATHY OZAKOVIC

DEC 2022 – JAN 2023

NuFit Wellness

+61 448 840 632

hello@nufitwellness.com.au

INFORMATION BOOKLET

BACKGROUND

Dietary patterns, fads and trends are all over the internet, Instagram and Tik-Tok with videos such as “What I Eat In A Day”. There are usually attached to a body alluding to the message of “if you eat like this, you will look like this” which is far from the truth. Increased exposure to these messages leads to decreased confidence, increased self-consciousness, a poor relationship with food and one’s body, which may lead to Eating Disorders and Body Complexities.

In 2020-21, of children aged 2-17 years: Three in five (62.6%) met the fruit recommendation. 9.0% met the vegetable recommendation. These numbers decrease as children become young adults. One in 2 (50%) of Australian Adults over the age of 18 are meeting their fruit intake and only 6% are meeting their vegetables intake. Between the ages of 18 and 27 bodies are still growing and peak bone density has not been achieved yet. Calcium is not the only nutrient important for bone density. Growth is much more complex than one single nutrient.

Furthermore, Wholegrains have had a bad rap since the increasing popularity of low-carb diets. It is known that our brain alone needs 120g carbohydrates for daily activities of living such as breathing and digestion. However, many individuals are misunderstanding the recommendations of low carb diets and their uses. About 30% of the adolescents who completed the research survey consumed NO whole grains that day. Wholegrain intake was lowest amongst 14-18 year olds. Wholegrains are protective of heart disease, cancers, type 2 diabetes, autoimmune diseases.

Puberty and adolescence are such a transitional period of time during which our brain chemistry is changing so much we need to be very careful of the foods and chemicals we add to the mix. Research has shown prolonged periods of intense anxiety leads to depression. The Gut-Brain axis is a very real neural pathway called the Vagus nerve with 80% of the chemicals being sent from the gut to the brain and only 20% the other way. In fact, 90% of Serotonin and 60% of Dopamine is produced in the gut. Therefore, focusing on supporting gut health has an impact on overall health and wellness.

Brain development during adolescence is an extremely heightened state of neurotransmitters and hormones. The addictive potentials of oxytocin, dopamine, serotonin is far greater during puberty. Everything we eat contributes to the creation of these chemicals and either support the growth of our youth into their full potential or put them at risk of physical and mental disease. Furthermore, research has shown humans have the ability to create new neural pathways into their 80s and 90s, a phenomenon called Neuroplasticity. However, without the right nutrition to fuel the creation of these new neural pathways this can not be achieved.

I am talking about growing bodies. Our growing & developing kids, sons, daughters, nieces and nephews, grandchildren are NOT EATING ENOUGH OF THE RIGHT TYPES OF FOODS to support growth & development, to reach their full potential, to allow their body to reach its full potential. I am here to help adults by providing their teens with the support they need.

The School seminar I presented was an insight into nutrition principles for success. This 6 Week Summer Wellness Program delves deeper into all 6 pillars to wellness. It will provide young adults with the knowledge and tools to nurture a growth mindset, giving them the best chance of succeeding in their endeavours.

ABOUT NUFIT WELLNESS COACHING

When it comes to nutrition and fitness, there is no 'one size fits all' approach. Healthy eating involves the enjoyment of a variety of whole foods. Exercise involves a variety of movements that is fun. NuFit Wellness creates and delivers individual and group coaching programs that evoke motivation and provide guidance to help individuals achieve and maintain health in any given circumstance.

NuFit Wellness values 6 pillars to wellness: Nutrition, Movement, Sleep, Mindset, Light Therapy and Optimising Stress Response. Research has shown these 6 pillars optimise hormones, the human metabolism and immune system. Specialising in Nutrition, NuFit Wellness has 3 core beliefs:

- Nurturing growth mindsets and supporting neuroplasticity beings with nutrition
- Everyone has the ability to improve on their health status using lifestyle as medicine
- All health begins in the gut

It all starts with awareness. Delivery methods include private consultations, online and in person group seminars. In this way, NuFit Wellness is on a mission to help parents provide their teens with the support they need to grow into their full potential.

Check out our website: www.nufitwellness.com.au

Find us on Facebook: <https://www.facebook.com/nufitwellnesspro>

THE 6 WEEK SUMMER TEEN WELLNESS PROGRAM – COMPONENTS

Suitable for 16 -20yo teenagers and young adults.

A personal notebook is recommended for each participant to take notes.

To allow for valuable delivery **this program is limited to 40 students** and a waitlist will be created for another group.

Designed to:

- Keep teens and young adults active and engaged across the summer holidays
- Promote a growth mindset in health and wellness throughout the lifespan
- Give teens and young adults the support they need to grow into their full potential
- Help teens and young adults navigate their personal struggles
- Build awareness of the 6 pillars to wellness
- Give teens and young adults tools to use throughout their lifespan

This program has been designed to deliver over a year of coaching into 6 weeks. The knowledge acquired through this program is an invaluable resource for teens and young adults building resilience, health and wellness. This program equips young lives with the skills to use lifestyle as medicine through life's transitional periods. A precious project delivered by myself, dietitian & wellness coach Kathy taking the role of the 'cool aunty' who I wish I had access to when I was struggling with an eating disorder and body complexities starting at 15 years of age. Twelve years later, I have created this program to help teens navigate and become the hero of their own health and wellness journey.

To learn more about my journey, download the short excerpt from my upcoming publication 'Becoming Emotionally Comfortable Within My Own Skin' and explore the 'about me' webpage page including 'my story' at www.nufitwellness.com.au

6 WEEK TEEN WELLNESS PROGRAM – INFORMATION BOOKLET

WEEK	PURPOSE	OVERVIEW
1 21/12/2022	Set expectations and introduce the components of the wellness program Expand on nutrition concepts from seminar Build awareness of habits through the wellness pillar of nutrition and movement	Introduction to wellness program Nutrition and movement for health and vitality Intrinsic and extrinsic motivation Understand identity through values and beliefs Understand habits as an expression of identity VIDEO 1: Grocery shopping tour
2 28/12/2022	Explore the wellness pillar of mindsets Nurturing growth mindsets Understand the impact our mindset has on the physiological responses in our body	Understand the difference between fixed, growth and false growth mindsets What is neuroplasticity and how do we support it Strategies to celebrate successes and learnings from experiences Addressing negative thoughts VIDEO 2: Meal prep guide
3 04/12/2023	Raise awareness of the importance of sleep and light therapy Promote ecotherapy	The stages of change cycle Modern day addictions of social media and tv series and how they affect our mindsets VIDEO 3: Looking after yourself is a lifelong journey
4 11/01/2023	Reframe the concept of stress from a negative experience to a natural physiological response required for growth	The anatomy and physiology of stress in the body (Parasympathetic and Sympathetic nervous system) Strategies to optimise the body's physiological stress response VIDEO 4: Set yourself up for success
5 18/01/2023	Provide teens and young adults with tools to help them navigate and understand their own emotions and boundaries	Emotions related to energy levels Different types of boundaries Boundaries related to values and beliefs Checking in with yourself Decision making tools VIDEO 5: Wellness Principles Incorporated
6 25/01/2023	Provide an overview of the program and concepts learnt	The SPIRE model to happiness

6 WEEK TEEN WELLNESS PROGRAM – INFORMATION BOOKLET

VALUE and INVESTMENT

WHAT	VALUED AT
6 WEEKLY LIVE GROUP WELLNESS COACHING CONTENT WEDNESDAY MORNINGS 10am – 11am (60min) THURSDAY EVENINGS 8pm – 830pm (25min) <i>Access to recordings will be provided and expires within 3 days of live</i>	\$2,100
1:1 CONSULTATION x2 hours (2 consults)	\$347
VIDEO ACCESS 5 VIDEOS (x20min)	\$650 x5
MEAL PLAN RESOURCE: 4 meals, 5 meals, 6 meals options	\$510
E – Book x2 - Gut Health At a Glance - NuFit Wellness Principles Summary	\$1500 \$1500
TICKET TO FUTURE EVENT: Winter School Holiday (3.5 Hour event)	\$810
TOTAL VALUE	\$10,017
PROGRAM PRICE	\$1,497
OR IN INSTALLMENTS	\$270 x6

TO DISCUSS FURTHER

Book in a discovery call with Dietitian & Wellness Coach Kathy through her practitioner calendar online, mention the 6 Week Summer Teen Wellness Program in the notes.

Go to: www.nufitwellness.com.au BOOK NOW

OPPORTUNITY FOR PARENTS TO CAPITALISE

Enrolling your teen into the 6 week summer wellness program gives the parents the opportunity to be the first to know about and capitalise for the upcoming 3 WEEK FAMILY WELLNESS PORGRAM.

This program is for all adults and parents. It is designed around the principles I wish my family had known when I was struggling with an Eating Disorder and Body Complexities. With clients as young as 8 years old, I see the urgency in helping adults understand their own Health and Wellness journey as well as how to support their household.

Enrolling a teen into the Summer Wellness program gives the parents 25 – 50% off the 3 Week Family Wellness Program for adults.

REFERRALS WELCOME

If you know someone who would benefit from these courses pass on my details and have them discuss the program with me.

6 WEEK TEEN WELLNESS PROGRAM – INFORMATION BOOKLET

TO ENROL – UNDER 18yo

If your teen is under the age of 18 (youngest participants 16yo), a permission statement is necessary via email. Please follow the below outline to enrol your teenager.

NuFit Wellness will confirm your enrolment with a return email and invoice. Please note, by enrolling your teenager into the course you are agreeing to the NuFit Wellness privacy Policy and to receive NuFit Wellness monthly e-newsletter with blogs, recipes and announcements about upcoming events and programs.

UNDER 18YO ENROLMENT EMAIL

SUBJECT TITLE: 6 week summer teen wellness program – permission

EMAIL:

I (parents name and last name) give permission to my (daughter/son) to attend the 6 week summer teen wellness program organised by NuFit Wellness and delivered by Dietitian & Wellness Coach Kathy Ozakovic 21st December 2022 – 25th January 2023

Teenager details

Full name:

DOB:

Postal Address:

Email:

Mobile number:

Parents details

Full name:

DOB:

Postal Address (for invoicing purposes):

Email:

Mobile Number:

Payment type: (upfront/ 6 instalments)

6 WEEK TEEN WELLNESS PROGRAM – INFORMATION BOOKLET

TO ENROL –18yo and OVER

This program is designed for 16 – 20yo who wish to understand and improve on their wellness. If you are 18 years and over, you do not require permission from your parents to enrol and can do so at your own willingness using the below email outline.

NuFit Wellness will confirm your enrolment with a return email and invoice. Please note, by enrolling your teenager into the course you are agreeing to the NuFit Wellness privacy Policy and to receive NuFit Wellness monthly e-newsletter with blogs, recipes and announcements about upcoming events and programs.

18YO AND OVER ENROLMENT EMAIL

SUBJECT LINE: 6 week summer teen wellness program – enrolment

EMAIL:

I (name and last name) am enrolling myself to attend the 6 week summer teen wellness program organised by NuFit Wellness and delivered by Dietitian & Wellness Coach Kathy Ozakovic 21st December 2022 – 25th January 2023

Personal details

Full name:

DOB:

Postal Address:

Email:

Mobile number:

Payment type: (upfront/ 6 instalments)

ABOUT KATHY OZAKOVIC

An ambassador for Lifestyle Medicine, Kathy is passionate about sharing messages of Health & Wellbeing. Educational content is underpinned by scientific literature communicated in a way relatable to the audience. With a Bachelor of Nutrition and Dietetics, Kathy worked as a generalist clinical dietitian on the wards of South East Regional Hospital (Bega) and the Bega Valley community. Having seen the effects of poor health management on individuals, families and friends, Kathy felt her energy and enthusiasm for health was more useful in the space of disease prevention.

Becoming an Accredited Health and Wellness coach equipped Kathy with communication skills which enable her to create a non-judgmental space for clients to accept their current health and commit to continuous improvement. Kathy believes setbacks are stepping stones towards success. Her positive attitude and strong faith inspire others to turn obstacles into opportunities.

With a great level of personal coaching, Kathy uses learnt principles of Neurolinguistic Programming, Neuroplasticity and Growth Mindsets in her motivational speaking and consultations with clients. Passionate about all things health and wellness, Kathy recognises the importance of a holistic approach to health.

Being a Microba Insight™ Health Practitioner Kathy has a great understanding and appreciation of the human gut microbiome. Other qualifications include a Certificate in Holistic Digestive Health, Sports Nutrition Essentials course as well as a Certificate III and IV in Fitness. To bring even more value to her clients, Kathy has committed to completing her own NLP practitioner certification, Eating Disorder Dietitian accreditation and Lifestyle Medicine Practitioner certification.

“I have experienced a lot of change throughout my life, which has moulded me into an insightful and resilient individual. My life experiences, which include moving countries twice, witnessing various physically and mentally debilitating illnesses within the hospital setting, encountering individuals with difficult personalities, and many other hardships, have provided me with a great level of compassion and empathy.” It is the transitional periods of life that present struggles as we stretch ourselves to become more of who we are and can be. With NuFit Wellness principles, we help our body heal, rest and recover to grow back stronger.

Connect with Kathy

LinkedIn: <https://www.linkedin.com/in/kathy-ozakovic/>

Instagram: @kathy_ozakovic

Facebook: Kathy Ozakovic @nufitwellnesspro

Free monthly e-newsletter sign up available through website www.nufitwellness.com.au

or Linktree https://linktr.ee/nufit_wellness

