



NUFIT WELLNESS

3 WEEK FAMILY

WELLNESS COURSE

FOR ADULTS

Dietitian & Wellness Coach

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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”. These 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. Only 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. 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 won’t 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. I am here to promote consciousness in food choices to support healing.

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 ED clients as young as 8 years old, I see the urgency in helping adults understand how to support their household.

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

Regardless of whether you are going through your own personal struggles, supporting someone with an ED or just want to learn to support your family in Health and Wellness principles this program is for you.

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
- Promote consciousness in food choices to support healing.
- Transform lives from unhappy and uncomfortable to confident, courageous and committed to their healthiest self
- Support teens and adults through life's transitional periods using NuFit Wellness principles

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

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

3 WEEK FAMILY WELLNESS COURSE – INFORMATION BOOKLET

THE 3 WEEK FAMILY WELLNESS COURSE – COMPONENTS

Suitable for parents, adults and young adults, 20years +

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

To allow for valuable delivery this program is **limited to 40 participants**. Another waitlist will be created for a second group running in September 2023.

Designed to:

- Promote a growth mindset in health and wellness throughout the lifespan
- Build awareness of the 6 pillars to wellness
- Equip adults with tools and strategies to improve on their personal and family health outcomes

WEEK	PURPOSE	OVERVIEW
1 JUNE 2023 Wellness in the Family	<ul style="list-style-type: none">• Set expectations and introduce the components of the wellness course• To provide adults with an understanding of the 6 pillars to optimising health and vitality• To promote family values that have been forgotten including meal times, eating habits, mingling	<ul style="list-style-type: none">• Introduction to wellness course• The 6 pillars to wellness: Nutrition, Movement, Sleep, Optimising Stress the Response, Light Therapy, Mindsets• Strategies to improve on the 6 pillars to wellness in the family setting
2 JUNE 2023 Emotions in the Family	<ul style="list-style-type: none">• Help parents appreciate and navigate their own story• Help parents appreciate and navigate their children's story• Help parents identify emotions in the family• Improve adult listening skills to help children open up about their emotions and struggles	<ul style="list-style-type: none">• Becoming stuck and disconnected is a gradual occurrence (my story)• We all have a story to share• Healing practices• The emotions and experiences that keep us stuck: Fear, Guilt, Shame, Grief, Lies, Illusions, Attachment• Listening skills
3 JUNE 2023 Mindsets in the Family	<ul style="list-style-type: none">• Explore the wellness pillar of mindsets• Nurturing growth mindsets• Understand the impact our mindset has on the physiological responses in our body	<ul style="list-style-type: none">• 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

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VALUE and INVESTMENT

WHAT	VALUED AT
3 x LIVE GROUP WELLNESS COACHING SESSIONS <i>Access to recordings will be provided and expire 7 days after live event</i>	\$1,050
VIDEO ACCESS 5 VIDEOS (x20min)	\$650 x5
BACK TO SCHOOL MEAL PLANNING RESOURCE	\$100
E – Book x2 - Gut Health At a Glance - NuFit Wellness Principles Summary	\$1500 \$1500
1:1 Coaching Consultation (60min) OR Family Coaching Consultation (60min)	\$324 \$524
TOTAL VALUE	\$7,924
PROGRAM PRICE TWO FOR THE PRICE OF ONE	\$987
OR IN INSTALLMENTS	\$350 x3
50% DISCOUNT FOR PARENTS WHOS TEEN COMPLETED THE 6 WEEK TEEN WELLNESS PROGRAM	\$498.50
INITIAL INVESTMENT (to secure placement) 25%	\$249.50

TO DISCUSS FURTHER

Book in a discovery call with Dietitian & Wellness Coach Kathy through her practitioner calendar online, mention the 3 WEEK FAMILY WELLNESS COURSE in the notes: www.nufitwellness.com.au
BOOK NOW

OPPORTUNITY FOR PARENTS TO CAPITALISE

Enrolling into the 3 Week Family Wellness Course entitles your teenager/young adult (under the age of 20) to a 25% discount in the 6 Week Summer Teen Wellness Program (save \$374.25).

REFERRALS WELCOME

If you know someone who would benefit from this course pass on my details and have them discuss the program with me. Information available online at www.nufitwellness.com.au/online-wellness-courses

TO ENROL

This Program will be running in June 2023. As such, a waitlist is being collated. In April 2023, you will receive Information about the start date with the zoom links. NuFit Wellness will confirm your placement once the 25% initial investment has been deposited. Please note, by enrolling 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.

ENROLMENT EMAIL

SUBJECT TITLE: 3 WEEK FAMILY WELLNESS COURSE WAITLIST

EMAIL:

Personal details

Full name:

DOB:

Postal Address (for invoicing purposes):

Email:

Mobile Number:

Payment type: (upfront/ 3 instalments):

I would like to be placed on the waitlist for the 3 week family wellness course

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 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

