

from DONNA RUSCHEN HEALTH & FITNESS

for



Express Coaching



Get 15 minutes of nutrition & training advice from a professional nutritional coach for just 15 dollars!

This is YOUR opportunity to have a coach right in your pocket!

Learn the secrets of getting fit, losing unwanted centimetres, and keeping them off!

Find out the nutritional secrets to healthy eating & living & regain your motivation with ideas and suggestions that keep you on the path to success.

How not to get caught up with fad diets & quick fixes.

Be one step ahead and begin a lifelong journey of good eating habits and realistic exercise patterns.

Find out what other personal trainers don't want you to know!

Phone: 0412 261 046

Email: info@donnaruschen.com.au

Monday through Saturday from 8:00am to 8:00pm