

Healthy Body, Healthy Mind

"It is confidence in our bodies, minds and spirits that allows us to keep looking for new adventures, new directions to grow in, and new lessons to learn - which is what life is all about"

Oprah Winfrey

This seminar outlines the benefits of movement & nourishment in relation to great mind & body health and productivity.

Receive Nam's top nutrition principles for peak mind and body performance, plus understand the true impact of poor choices on emotional health, weight and how they contribute to pain & sickness.

Nam shares his time-efficient key exercise principles, the top priorities being energy, heart, gut and emotional health.

Discover what drives anxiety & mental stress and which lifestyle changes assist in building greater regulation & resilience in an organic way.

FOCUS AREAS & OUTCOMES:

- How to 'Win The Morning' to Feel Energised & Motivated for the Day Ahead
- Time Efficient & Smart Exercise Principles for Body and Brain Health & Energy
- The Impact of Nutrition on Gut & Mental Health, Common Mistakes & Tasty Alternatives
- Improving Heart Health & Breathing Practices for Less Stress & Anxiety
- Why Good Sleep is Even More Important Than Good Food & Exercise
- How To Work The Principles Into Your Daily Routine For Rapid Change

TIMES & PRICING:

Two and a half hour presentation.
Pricing available upon request.