

Start turning your body into a Fat Burning Machine today!

Membership Costs

Unlimited Classes \$30 per fortnight

No contracts, no excuses! Suspend or cancel any time.

Casual Sessions \$15 per class

Children under 10 FREE! Children 10-16 half price!

For full membership package details, see the Pre-Exercise Screening/ Membership Form, or visit www.healthrevival.com.au

Personal Training

1 x 30min Personal Training Session \$50

10 x 30min Personal Training Pack \$400 (paid in advance)

Group PT (2-4 persons, 45min) \$80

10 x Group PT (2-4 persons, 45min) \$750

Private Classes \$150 per hour

All equipment is supplied for private Punchfit classes.

T-shirts and Singlets \$25 incl. GST



NATIONALLY RECOGNISED
TRAINING

Want to become an instructor?

We teach face-to-face, fully accredited courses.

Phone **0439 419 979** or email info@healthrevival.com.au
for more information.

Health Revival
AUSTRALIA

Your source for BodyScience

Nutritional supplementation ensures your muscles have the ability to recover in full. This results in a faster metabolism and faster fat burning results!



Our best selling products:

Whey Protein Isolate (Muscle is protein!)

900g RRP \$87.95 **Our price \$80**

3kg RRP \$230.95 **Our price \$180**

Lipoburn Hardcore Fat Burning Tablets

120 capsules RRP \$79.95 **Our price \$70**

240 capsules RRP \$144.95 **Our price \$110**

Compression Full Length Athletic Tights

RRP \$149.95 **Our price \$110**

All BodyScience products are available!

Email info@healthrevival.com.au or SMS your name and postal address to **0439 419 979** to request a full pricelist.

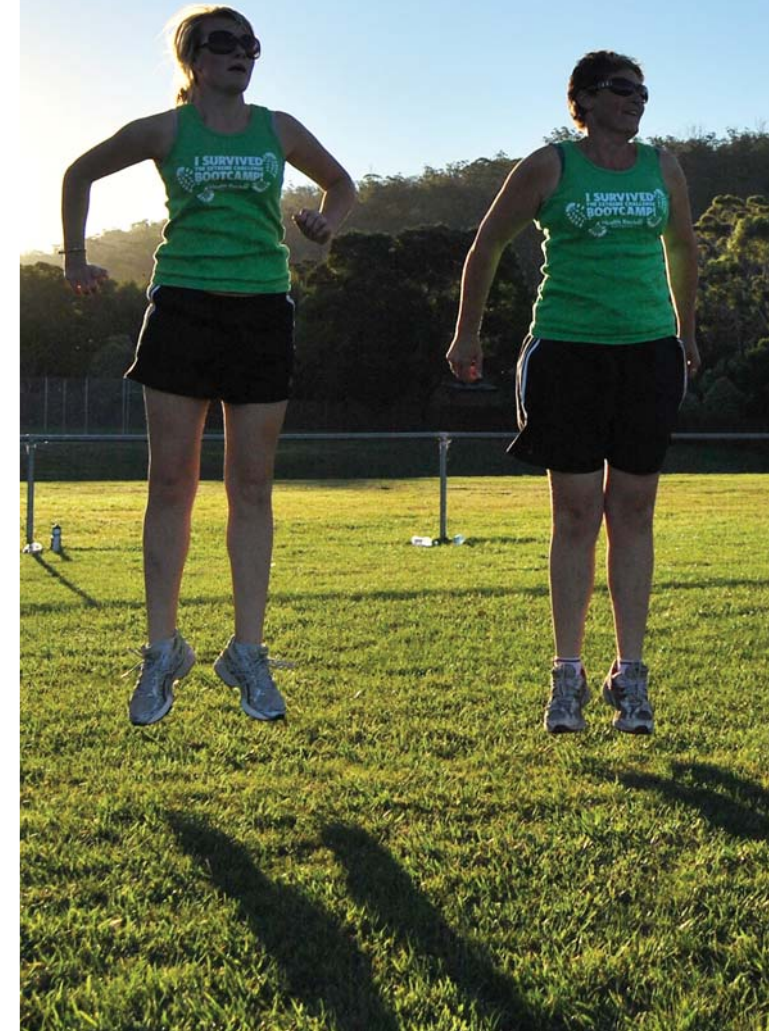
Health Revival
AUSTRALIA

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Want to regain your fitness, health and life?

I've been a personal trainer since 2003, specialising in pre- and post-natal, post-rehabilitation, bootcamp, tibo, powerbar and extreme fatloss. My qualifications include Certificate IV in Fitness, Certificate III in Freestyle Group Exercise, Systemised Personal Trainer, TAA qualified, Fitball accredited and Spin and X-Bike accredited. I'm also the Campus Director in Launceston for Cert III and IV in Fitness with the Australian Institute of Personal Trainers.

If you asked me, I'd say I was happy, fit and motivated – but it hasn't always been this way...

After I spent the last three months of my second pregnancy attending weekly physiotherapy sessions for hip and nerve problems, I ballooned to over 95 kilograms. Following the birth of my second child I spent five months at 82 kilograms. Overweight and unfit, I was determined to get myself back to my pre-baby weight.

In February 2009 I started the Extreme Weightloss Challenge and by taking only 2 one-hour exercise sessions a week, I dropped an amazing 9cm from my waist in only 30 days! A year later I weighed in at 67.4 kilograms, almost 15 kilograms less than my starting weight, and almost 10 kilograms under my pre-baby weight! I now weigh the same as I did in high school, only I'm a hundred times fitter, stronger and even more determined to stay this way for the rest of my life!



Leah Coker-Williams,
Director, Health Revival Australia



"I turned my body into a Fat Burning Machine!"

I eat what I want. I drink what I want. I have the fitness to enjoy and participate in everything life has to offer. If you educate yourself and work hard you're body will do the rest for you!

I know what you're thinking – too good to be true, right? Wrong! I'm not just another personal trainer promising the world – I've been there. I've tackled weight gain and I've won. It's not rocket science either – it's common sense, education and hard work – and I will be right there with you, 100%, every step of the way!

Health Revival Australia offers:

- Extreme Fatloss Classes
- Bootcamps
- Zumba
- Punchfit
- Aqua Fitness
- 100% At Home Support Programs
- Nutritional Training and Advice
- First session is ALWAYS FREE!



Health Revival Australia is currently operating classes in Hadspen, Carrick, Deloraine, Cressy, St Helens, Kingston and Bracknell - but keep an eye out for us in a town near you!

Why does this program work?

Why will this program work, when every other gimmick and diet didn't? It's simple:

- **Minimal exercise** – Exercise in a smart way. Just one hour, twice a week is enough to boost your metabolism, increase your muscle density and turn your body into a *fat burning machine!*
- **Never diet again** – Diets slow your metabolism, and cutting out your favourite foods normally results in binge eating. Health Revival Australia can show you how to have your cake and eat it too!
- **Support** – As a member of Health Revival Australia, you can get the advice and support you need – in person, at home, over the phone or even via email!

To be an efficient fat burner, you need to increase your muscle density. The muscles are where all of the calories are burnt during exercise – the more efficient the muscles are at burning fat, the faster weight loss can be achieved.

