



3 STEPS TO IGNITE YOUR MOJO

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WENDY TREVARTHEN



With over 30 years in the health sector as a Registered Nurse, in a variety of clinical experience, education and managerial roles, and more recently as a Personal Trainer and Health and Wellness Coach, I have a depth of experience in helping people with their health and wellness goals, across a variety of health issues.

I have also had a my own transformation in both my personal and physical life, throughout my 40s, and now into my 50s have maintained my weight and my overall wellbeing, surviving divorce, raising two beautiful children into adulthood, re-partnering and navigating career changes. This has been born from values driven from my strong familial upbringing.

Bringing all this experience together for you, my passion is to help others, particularly middle-aged women with hectic lives, identify their priorities and strategies to suit their lifestyle to enable them to reach their full potential.

THANK YOU

Thanks for taking the time to download "3 Steps to ingnite your Mojo". I have put this together to save you time. Seriously, this may seem like a simple list, but believe me, this list is the result of years of experience working with clients, plus hours and hours trialling different methods and approches as well as continuous learning on my behalf. I want to share it with you now so that you can save hundreds of hours of your own time going round and round in circles trying to work out what to do next!

Enjoy your checklist!

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CLARITY

Gain clarity around your own inner abilities to self-manage and recognize your own strengths to deal with life's challenges.

- **Recognize your unique values and strengths**
- **Understand what is blocking you from feeling fabulous**
- **Build on your resilience tool kit**
- **List your habits that need to go!**



NOURISH YOUR BODY

We all know nourishing your body with great nutrition is essential for vitality and energy. Recognizing where changes can be made and actioning those changes are key to making sustainable habits that last a lifetime.

- Start small and celebrate your wins
- Recognize your emotional connections with food
- Understand the principles of great nutrition
- Reduce simple sugars from your diet
- Note how much processed foods you are consuming and make moves to decrease
- Drink more fluids, preferably water, unless contra-indicated

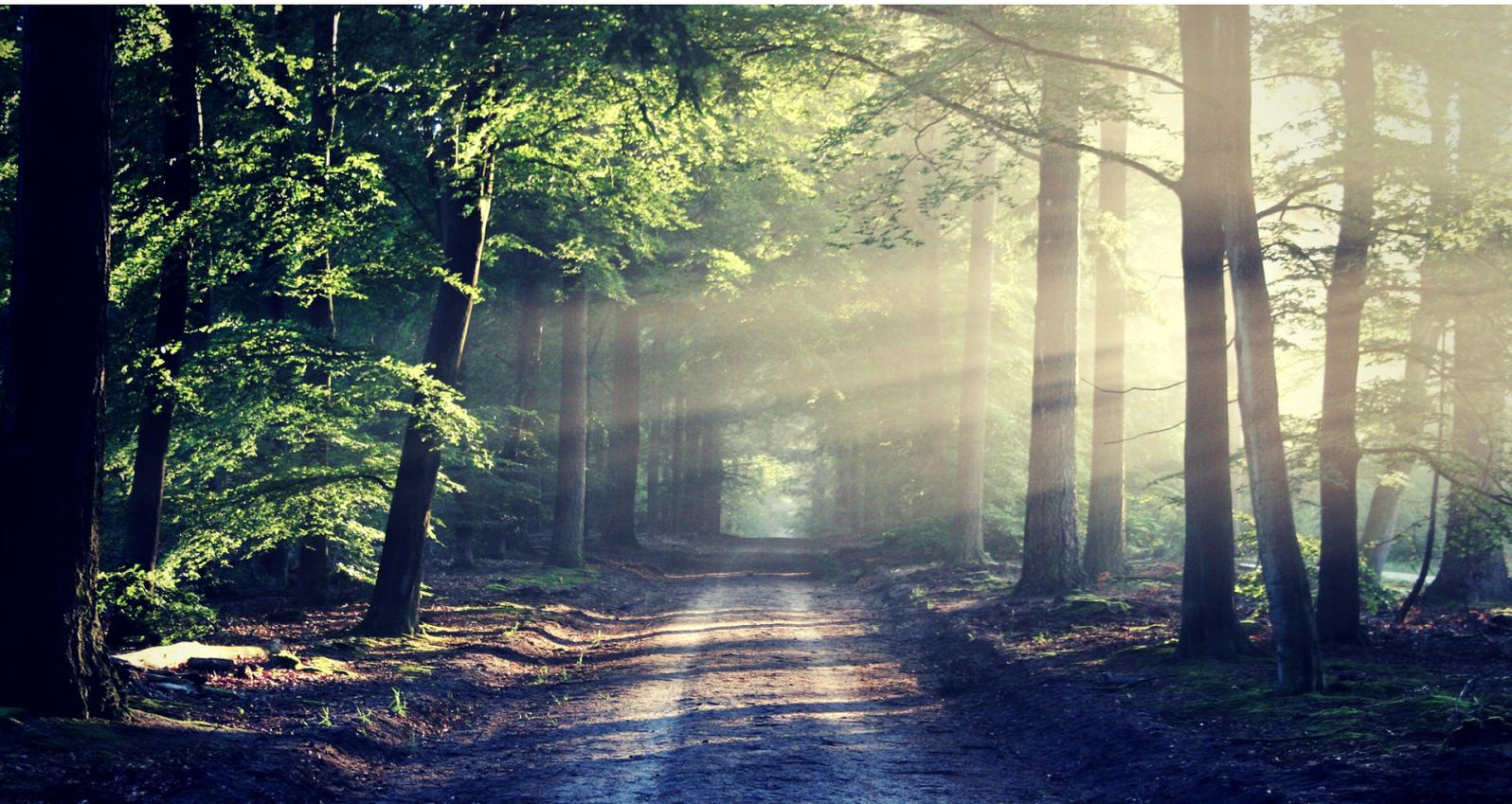
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MAKING THE RIGHT MOVES

Knowing how your body works and what works for you will set you up for success. Making sustainable, consistent efforts to incorporate movement within your day will give you confidence in your body, and you will find satisfaction that you are moving to the best of your ability.

- Understand how your body works and recognize what you CAN work with
- Focus on your movement strategies with a positive mindset
- Utilize the equipment that you already have
- Make positive steps to increase the incidental movement within your day



WANT MORE ?

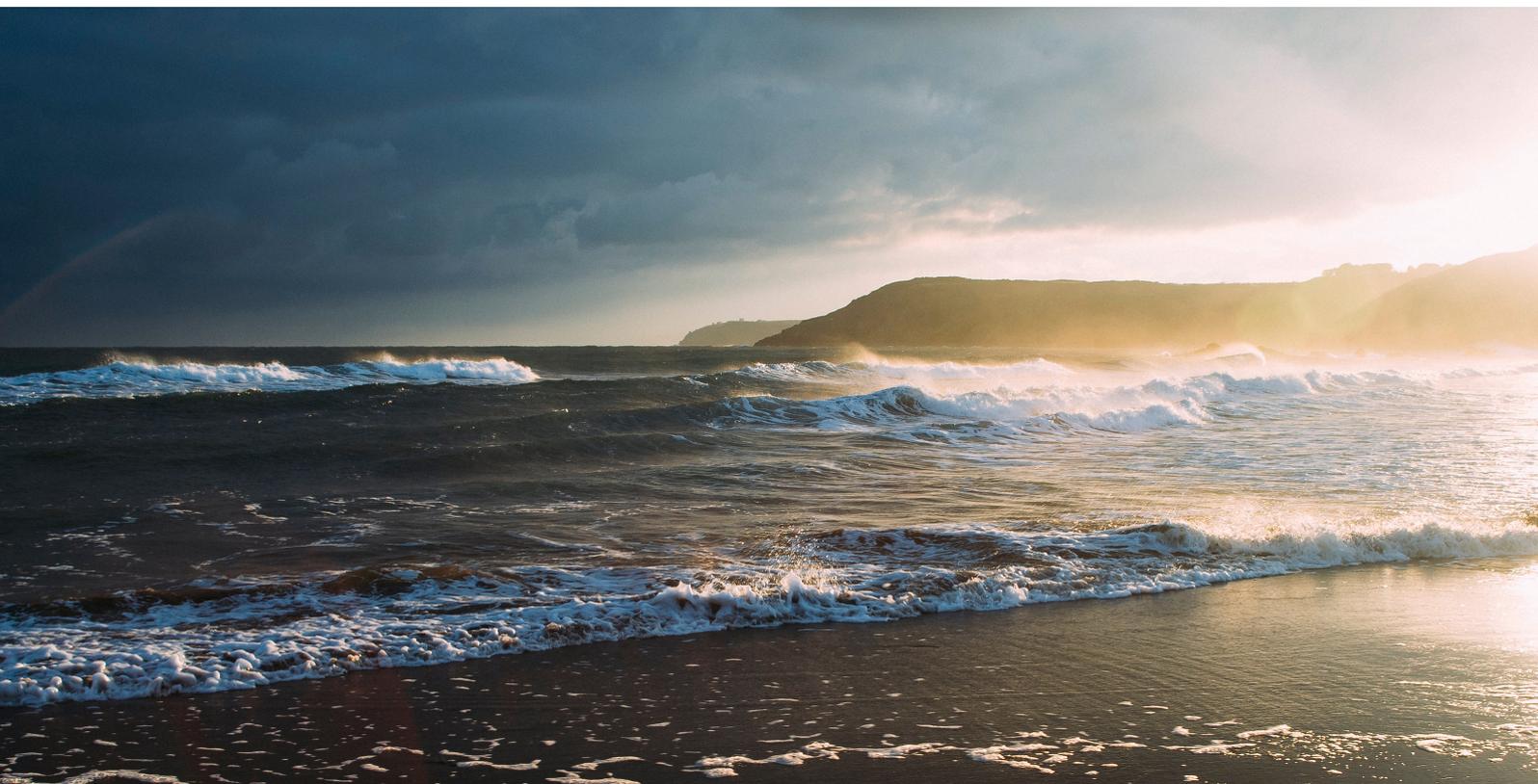
COME ALONG TO MY NEXT ONLINE WORKSHOP

Book Here

AT THIS WORKSHOP, YOU WILL
DISCOVER HOW TO:

- Approach your upcoming year with focus and clarity
- Work with your unique 3 key challenges and turn them into companions
- Stay on track to feel fabulous!

If you want more of this in your life, then book in for my workshop in a location near you. Online options are available.



TESTIMONIALS



I have recently been working to achieve better control of a skin condition through a healthier diet, focused towards whole foods. After learning Wendy had a long background in the medical field and the fact that we seemed a good personality fit to work together, I decided to work with Wendy as a coach for my personal challenge.

Wendy was genuinely compassionate and empathetic, when my speaking of working on my challenge was emotionally charged with tears. Her delivery and style are honesty and straight forward without being pushy or demanding. My experience working with Wendy was extremely pleasurable. My skin condition is showing a major and much needed improvement. Wendy made sure I had a plan in place for me to take continued action over the next few months upon exit of our coaching agreement.

— Leigh Scheidall



I had stopped doing the outdoor activities I loved and looking after my health when my boys were born, because I thought I was just too busy with them and work. It became a continuous, vicious circle, week after week.

By the weekend I was tired, and I'd be trying to play catch up on the things I hadn't completed while pigging out on unhealthy food. I kept thinking I didn't have time to do the things I loved. So, I was just existing, going through the motions and wondering - was this it? There must be more to life. Enough was enough!

With Wendy's help, I started focussing on the important aspects of my health and well-being. I have gotten back to doing things I love; my energy levels are increasing, and my weight is down. I'm working on improving little by little each week and realise it will be an on-going process.

Wendy makes sense and makes it easy!

— Tania Potgeiger