



Healthy Body Healthy Mind

- As health is part of the curriculum, Coach Approach can design any program to suit your budget.
- At Coach Approach we recognize the connectedness of mind, body and spirit.
- Healthy Body Healthy Mind considers students physical, personal, social, emotional and spiritual wellbeing.
- Give your students the opportunity to learn the benefits of a healthy and holistic lifestyle, in an exciting, fun and engaging environment.



Coach Approach will provide your students with the opportunity to interact with an advanced portfolio of elite athletes.



Students will rotate between the following activities*

- Nutrition
- Fitness
- Mindfulness
- Sports of your choice
- Teambuilding

*Number of rotations (activities) depends on number of classes participating.

Cost

- 1.5hrs \$11 + GST per participant
- 2hrs \$12 + GST per participant
- 2.5hr \$13 + GST per participant

HEALTHY BODY HEALTHY MIND

Programs can be tailor made to enhance the success of your own 'Health' unit / Inquiry Unit / Integrated Unit

BOOK TODAY!

CALL: (03) 9574 7100

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VISIT: www.coachapproach.com.au