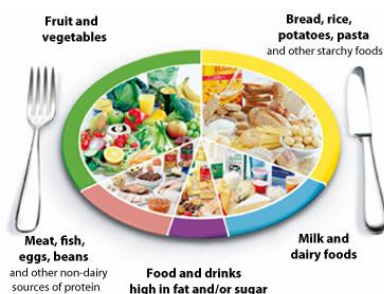




HEALTHY BODY HEALTHY MIND

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

- ❖ Give your students the opportunity to learn the benefits of a healthy and holistic lifestyle, in an exciting, fun and engaging environment.
- ❖ 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.



Students will rotate between the following activities

- Nutrition
- Fitness
- Movement
- Yoga
- Teambuilding or a sport of your choice

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

Taylor made program to enhance the success of your own 'Health' unit / Inquiry Unit / Integrated Unit

ELITE ATHLETES KEEPING YOU ACTIVE SINCE 1995

