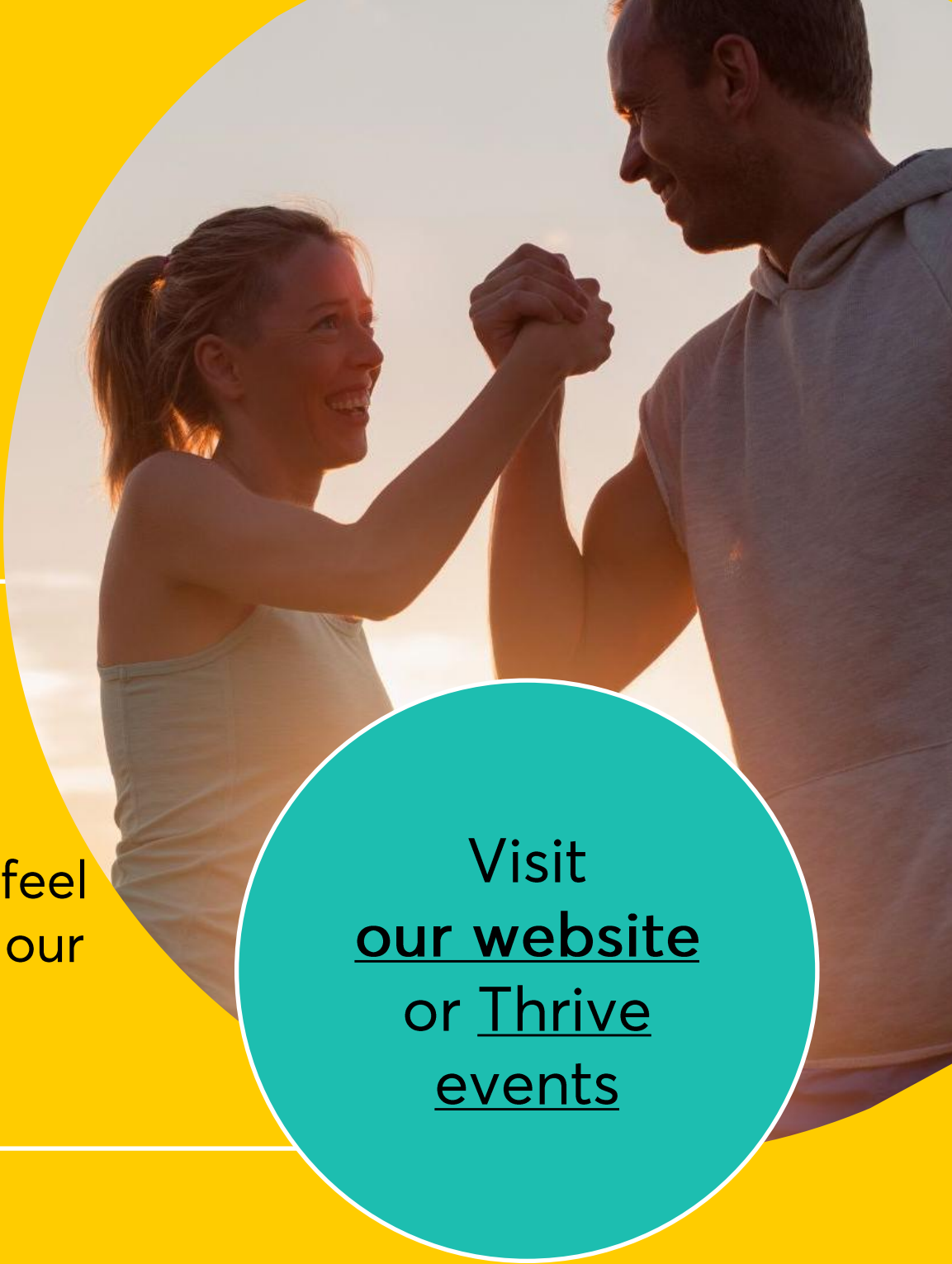




JOIN OUR BODY TRANSFORMATION SESSIONS THIS MONTH

Is your goal to lose weight, build strength or simply feel more confident? Our webinar sessions delivered by our team of nutrition and fitness coaches can help you transform your body and mind, one step at a time.

Visit [our website](#) or [Thrive events](#)

Click on the links to download your invites:

NUTRITION FOUNDATIONS (15min)

Confused by calories, carbs, protein, and fat? Join us to learn the basics of nutrition and how eating the right balance of foods can help you feel more energised, satisfied and help you reach your goals.

Date and time

[Wed 4 Feb 10:30am \(AEDT\) / 7:30am \(AWST\)](#)

STRONG BODIES: STRENGTH TRAINING (30min)

Curious about why strength training is recommended so often? Join us to understand how building muscle supports metabolism, strength and healthy ageing at every stage of life.

Date and time

[Mon 9 Feb 11am \(AEDT\) / 8am \(AWST\)](#)
[Thurs 12 Feb 2:30pm \(AEDT\) / 11:30am \(AWST\)](#)

INDIVIDUAL CONSULTS

Virtual:

[Nutrition consults \(30min\)](#)

Syd/Perth only:

[Metabolic testing \(20min\)](#)

Syd/Melb only:

[Body composition scan \(15min\)](#)

[Bone density scan \(20min\)](#)

[BOOK HERE](#)

PROTEIN BASICS (30min)

Not sure if you're eating enough protein? Join us to learn how much you need, what the best sources are and how protein helps with fullness, energy and protecting muscle during weight loss.

Date and time

[Tues 10 Feb 11am \(AEDT\) / 8am \(AWST\)](#)
[Thurs 12 Feb 2pm \(AEDT\) / 11am \(AWST\)](#)

10 MINUTES WITH TYLER (10min)

Spend 10 minutes with exercise scientist Tyler as he breaks down key movement strategies and insights to help you move more confidently and consistently for long-term health.

Date and time

[Fri 6 Feb 10:30am \(AEDT\) / 7:30am \(AWST\)](#)
[Fri 20 Feb 10:30am \(AEDT\) / 7:30am \(AWST\)](#)

COOK SMART SERIES (15min)

[Mondays 11:30am \(AEDT\) / 8:30am \(AWST\)](#)

- 2 Feb – [Build your plate for fat loss](#)
- 9 Feb – [Fibre-max your day on a plate](#)
- 16 Feb– [What the fat?](#)
- 23 Feb – [Smart swaps in the kitchen](#)

Fitness sessions & meditations (Times in AEDT)	Monday	Tuesday	Wednesday	Thursday	Friday
8:30 – 8:40am	Meditation		Meditation		Meditation
9 – 9:10am		Meditation		Meditation	
10 – 10:10am	Mobility				Head and neck release*
11:30 – 11:40am		10min reset		10min reset	
12 – 12:30pm	Pilates*	ABT*	Strength	Blast the core	Pilates*
3 – 3:10pm	Lower body strength	HIIT	Mobility*	Upper body strength	HIIT

*Low intensity

CBHS Health Fund Limited does not accept any liability for any injury, loss or damage incurred as a result of your participation, including any use of or reliance on any information provided. This program is of a holistic nature and should not be relied on as a substitute for medical advice or be used to diagnose, treat, cure or prevent any disease. By participating, you agree to release CBHS from all claims arising from your participation.