

POLICY STATEMENT FOR HEALY'S HEALTH & WELLBEING

Welcome aboard the Healy's Health & Wellbeing systems you have just made a very important informed decision in respect of your Health & Wellbeing long-term, and I know our association together will be a 'healthy' one .

My objective at the end of the day is to get RESULTS and change LIFESTYLE habits from negative to positive. This requires consistency, motivation and discipline. As these three factors are the prime reasons why people 'drop out' of programs I have set some guideline policy statements in place to help you become a LIFE-LONG health and wellbeing advocate ...remember at the end of the day

"YOUR HEALTH IS YOUR GREATEST ASSET" but usually doesn't receive the PRIORITY in time management as it should.

Based on my experience as a LIFE-LONG Health & Wellbeing advocate myself ,these policy guidelines are designed to MINIMIZE FAILURE CYCLES and change your Health and Wellbeing habits for life rather than 1)becoming excited > start 2)avoidance behaviour(drop out stage) > 3)then excuses > 4)leading to blame'.

I aim to STOP the failure cycle at stage 2 (avoidance behaviour where 70% of people are lost)

1) MONEY BACK GUARANTEE LOSE UP TO 12 KG OF 'BODY-FAT' IN 12 WEEKS

This applies to the FULL PROGRAM training 6 days per week .The NUTRITION, PROGRAM, *SUPPLEMENTS & Body-Fat testing On 4 weekly cycles...HAS TO BE FOLLOWED TO THE LETTER to Generate this kind of result

You are committed to the 12 week 'CHALLENGE' and must complete the 12 weeks according to the projections done'

Dropping out is not acceptable and renders the Guarantee null and void

(see para. (2) re: DROPPING OUT) (*supplements not included in guarantee)

note: CONDITIONS DO NOT APPLY however, Guidelines above must be set to cover the 'variables'

2) If I DROP OUT do I get my money back ?

No health center in Australia will give you a 'genuine' money back guarantee nor will they give you your money back ! The Service you have 'engaged' in is based on 'commitment' both mine and yours ,as I explain in the above failure cycles process after the 'excitement' phase (see intro. paragraph) the Failure cycle 'NEGATIVES' can set in Producing ,avoidance behaviour, excuses , blame etc

Therefore let me state quite clearly my policy regarding DROP- OUT RETROSPECTIVE REFUNDS

There is

NO RETROSPECTIVE REFUNDS of on kickercise/boxercise/self-defence or Personal-Training fees

Also if you are on the EASY PAY SYSTEM the above applies and your payments apply to the FULL TERM of the agreed course you have undertaken

3) Loss of time ? what if I go away or am sick ?

If you are genuinely sick or away on (say holidays)

You my RE-START your Personal Training Consultations on 4 week cycles, in other words you may be for example, on holidays for 3 weeks , you then re-start your 4 week cycle upon your return

4) What if I loose motivation ? (usually at step 2/3/4 in failure cycle)

Motivation is directly related to RESULTS and personal ONE to ONE contact this is why I have designed the monthly bio-testing/skinfolds system that keeps us on track and in contact , the other 'motivational' method I recommend is to participate in group classes of power-box & kickersise/self defence plus keep the training diary current, attend seminars etc .At the end of the day your MIND will always think of 'excuses' to give up . I find that if you have truly DECIDED deep in your heart to lead a healthy way of life this in itself becomes SELF-MOTIVATING the critical period is the first 3 months changing old habits (70% of people drop out of normal gym programs in the first 6 to 8 weeks) ULTIMATELY YOU MUST DECIDE and COMMIT yourself to longterm HEALTHY lifestyle and this decision has to be planted in the sub-conscious. The building of relationships with other healthy minded people is very important as well and the another purpose of my system to 'CONNECT' everybody together in one well balanced, healthy, happy family.

Yours in Health & wellbeing ,

Graham Healy

Ps any Questions please call me Direct on Mob 0411 393 503
or Visit my Web Site www.Healyshealthandfitness.com e-mail healyshealthandfitness@hotmail.com