

# Healthy Eating Habits Package



*Three 1hr sessions for \$120.00 ( one session once a week for 3 weeks)*

This package is designed to get you started with making the lifestyle changes you would like to make to improve your eating and diet habits and achieve your ideal weight and health goals.

This package is an ideal introduction into ICPKP Kinesiology, the mind body connection, and the self-responsibility model. This is a great way to experience the support that Kinesiology can give you to adopt and maintain the healthy lifestyle you wish to achieve, improving your life and increasing your life energy.

## *Benefits from Kinesiology Balances:*

- Learning to make the best diet and eating choices for your own unique issues.
- Identify and resolve food sensitivities
- Meet and maintain weight loss goals
- Restore balance and function in the body
- Release stress and anxiety
- Increase energy and vitality