

# OUR MAIN *SERVICES*

## WELLNESS COACHING

Collaborative health optimisation via lifestyle adjustments.

## PERSONALISED TRAINING

Tailored workouts for individual needs & goals.

## NUTRITIONAL GUIDANCE

Expert insights on balanced diets & food choices.

## SPECIALISED PROGRAMS

Athletics, body sculpting, events & sport-specific training.

## GROUP TRAINING & HIIT

Engaging classes for all, featuring HIIT sessions.

## MENTAL WELLNESS

Techniques for stress reduction, mood boost & life balance.



# OUR *CONTACT*

✉ [louie.f2m@gmail.com](mailto:louie.f2m@gmail.com)

☎ 0401 465 039

🌐 [www.fun2mental.fit](http://www.fun2mental.fit)

"F2M helped me create a custom plan that addressed my unique needs and goals and provided the support and accountability I needed to succeed." Vicky

"With Fun 2 Mental Fitness, I not only improved my physical fitness but also learned valuable stress management and meditation techniques that have greatly improved my overall well-being." Vish

## TRAIN *TODAY*



**ADD YEARS  
TO YOUR LIFE  
& LIFE TO YOUR YEARS**

[WWW.FUN2MENTAL.FIT](http://WWW.FUN2MENTAL.FIT)