



re-balance your life

BOOK YOURSELF A FULL 'MIND AND BODY MOT' THIS AUTUMN AND SEE HOW GREAT YOU COULD FEEL!

in the fastest time for long term, sustainable health. Its all about creating a life in balance.

The Health Matters team includes celebrity personal trainer Matt Pickett, local nutritional therapist Jenny Tschiesche and positive mind matters coach Sue Roberts. The team has recently been joined by Michelin star chef Adam Simmonds, of Danesfield House Hotel and Spa, who creates nutritionally powerful meals that allow for food intolerances and allergies, and which are full of nutrients to support a variety of specific health issues.

The aim of Health Matters 360 company is simple - to help individuals achieve their optimum sustainable health. This exciting new company offer 1-2-1 programme tailored

to your specific health and three or four night residential Health Hubs. Their unique Health Hubs are not just detox retreats or bootcamps. They are an opportunity for you to work with the trainers and coaches to learn how to re-charge, re-focus and re-energise yourself - not just during your stay, but more importantly in your everyday life. Fabulous venues such as Danesfield House Hotel & Spa in Marlow, The Olde Bell at Hurley, Stoke Place in Stoke Poges, Stay in Style in Dorset and The Rou Esate in Greece make you feel completely cherished from the moment you are arrive.

To find out more about how to create a life in balance visit www.healthmatters360.co.uk, email lifeinbalance@healthmatters360.co.uk or call 07780 700226.

An exciting new local company, called Health Matters 360, is offering a powerful new integrated approach to health and wellbeing. Its unique 360° approach combines the three cores foundations of health; physical, nutritional and mind matters to achieve the best results