



MICHELLE MEYER • FUNCTIONAL NUTRITIONAL THERAPY PRACTITIONER

Understand your metabolism. Get your energy back.

A 12-week 1:1 program using continuous glucose monitoring to help you understand how meals, movement, sleep and stress affect your energy.



THIS ISN'T A WEIGHT-LOSS PLAN

It is a personalised process to discover what supports your energy, focus and everyday wellbeing — using your own real-time data, not guesswork. If weight loss is desired, it may be an added bonus.

HOW THE 12 WEEKS WORK

1

WEEKS 1–2

Establish your baseline — wear your first sensor while we observe your natural patterns.

2

WEEKS 3–6

Test and discover — explore small changes to meals, movement, sleep and stress.

3

WEEKS 7–10

Build your personal plan — confirm what is working with a second sensor.

4

WEEKS 11–12

Make it stick — apply your plan to real life and prepare for the long term.



WHAT'S INCLUDED

- ✓ 12 weekly 1:1 video sessions
- ✓ Support between sessions by chat or text
- ✓ Two rounds of glucose sensor wear with setup and data guidance
- ✓ Simple tools to track meals, movement, sleep and energy
- ✓ Your personalised nutrition and lifestyle plan

\$

YOUR INVESTMENT

\$1,000 • FULL 12-WEEK PROGRAM

Includes coaching sessions, between-session support and your personalised plan.

Sensors are ordered online separately. Two sensors are used across the program.

READY TO FEEL LIKE YOURSELF AGAIN?

Book a free 20-minute chat to see if this program is right for you.

BOOK YOUR FREE CHAT

alivehealthier.com • alivehealthier@icloud.com

