

the midlife reset.

With
Sarah Green
Well Being

Featuring:



As a women's midlife coach and expert, I understand the frustration of not finding the right program that fits YOU.

What's out there is either too much or too little....too time consuming or too confusing, right?

Well, now you have found your fit!

Welcome to The Midlife Reset, you amazing woman!

**Email me to find out more, it's hard to write it all on this info sheet!
I can answer any questions you have, NO sales pressure ever, I'm just excited and happy to share with you :)**

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WHAT THIS IS

- A 12 week program designed specifically for you.
- Nutrition, mindset and workouts: The 3 well being pillars tailored to your unique needs and desired outcome.
- Expert coach to motivate and guide you every step of the way.
- Sustainability. This is the end of the search, woman! Take a deep, well-deserved breath of relief. You've found everything you need right here.
- **Nutrition:** A plan to bring your body back into balance and weight control. Understanding, respecting, and reconnecting to that remarkable body of yours.
- **Mindset:** Recognizing and releasing old patterns of behaviour and limiting beliefs that have held you back, and creating supportive and positive new ones!
- **Workouts:** Short, effective and doable routines to tone and strengthen you, designed specifically for you (Starts in middle of program)

EVERYTHING is designed for a woman mid 40s to mid 60s. This means:
No burpees, no endless kale salads, or countless hours meditating and journaling (your time is limited, I know!)

There is work to be done, but it is realistic and practical.



WHAT IS METABOLIC BALANCE?

- A nutrition plan created by a team of medical doctors and nutrition specialists based on your unique biological makeup.
- Bloodwork is analyzed and your plan is compiled based upon your lab results, likes and dislikes, health history and concerns.
- NO PILLS. NO INJECTIONS. NO POWDERS.
- No monthly fees or hidden costs.
- **Real food** to bring you back into balance to achieve optimum health: reach and maintain ideal weight, greater energy, better sleep, balanced hormones, less joint pain, improved digestion