

**Get Your Health back on track.**



## Personal Training Offer

*Give yourself a little "me-time"*

Your time is precious, but your health is more.

Health and lifestyle personal training will help you realise your complete potential and improve the way you feel - each day.

*Offer includes a FREE 45 minute consultation per person to determine your needs.*

### **Specialising in the following areas:**

1. Holistic Health.
2. Nutritional Guidance.
3. Lifestyle & Wellness Coaching.
4. Stress Management.
5. Exercise Guidance.
6. Healthy Weight-Loss.

**Call Tony on 0438 324 352 or  
Email: [tony@tonyfahkry.com](mailto:tony@tonyfahkry.com)**

**29 Somerset Place, Melbourne VIC 3000**



Tony Fahkry is a professional holistic health and lifestyle personal trainer with over fifteen years of experience. He specialises in holistic health, nutritional guidance, lifestyle coaching, stress management, healthy weight loss, mindfulness and meditation and more.

[www.tonyfahkry.com](http://www.tonyfahkry.com)