

for  
every  
body



# MY LIFE HEALTH INITIATIVE

ASSESS - EDUCATE - EMPOWER



1300 813 227  
[mylifehealth.com.au](http://mylifehealth.com.au)



# Tell me more

The My Life Health Initiative is for “Every Body”. As long as you’re over 18, you will benefit greatly by taking part in the My Life Health Initiative (MLHi). The great thing about the MLHi is that it is suitable for all fitness levels. Whether you exercise regularly or not at all, if you’re a regular at a gym or if you never been inside one, this initiative is designed to empower individuals with the information they require to improve their health, lifestyle and overall well being. The My Life Health Initiative has 3 pillars: ASSESS - EDUCATE - EMPOWER

Take a moment to read on as we explain these 3 pillars.

**ASSESS** Participants receive *2 complete* diagnostic assessments; 1 initially and a second at the completion of the initiative using the Health Screen 30 complete assessment. Because you can’t manage what you can’t measure, the Health Screen 30 is a vital tool to empower your future. Using advanced diagnostic equipment from industry leaders, the HS30 gives every individual an accurate measure of what’s happening on the “inside”. Each participant in the MLHi will obtain 2 personalised reports prepared by a Qualified Exercise & Sports Scientist at the My Life Health Assessment Centre covering areas including: Biological Age (how old your body really is), Body Composition (% of Fat to Muscle), Metabolism, Lifestyle, Flexibility, Heart, Lungs, Diet, Strength, Stress and Nutrition.



Body Composition



Biological Age Assessment



Metabolism Assessment

**EDUCATE** During the Initiative you will be educated by industry experts on Health, Lifestyle and Fitness. You will receive handy hints in your MLHi Personal Diary by the likes of Diet and Nutrition expert Matt O’Neill who is a regular on Sunrise and The Morning Show, Paul Taylor who is a Biological Age expert and Adam Brown who is a Exercise and Sports Scientist and the Developer of the Health Screen Assessment and the My Life Health Initiative.

**EMPOWER** Armed with the results of your 2 assessments, your Personal Diary and Educational Tips, participants complete the initiative assessed, educated and empowered ready for change. Of course if you would like on going evaluation or guidance on how to continue to keep achieving your goals, the team from My Life Health Initiative will be more than happy to assist you.



# What can I win?

Everybody needs inspiration and that's why we've decided to offer some fantastic prizes!  
The winners are those whose overall health has improved the most during the initiative.

Prizes Value!  
**\$2500**

Female Winner



Male Winner



Overall Winner

(Either Male or Female Winner wins an additional \$500 credit)



Personal Trainer

(whose client's health improves the most)



healthfitshop.com

At healthfitshop.com you'll find a great range of Health, Fitness & Lifestyle products including:  
Health Assessment Tools  
Lifestyle Accessories  
Diet Support and Vitamins  
Sports Gear  
Training Equipment  
and much more....



## What do I receive?

Each participant in the MLHi receives:

Initial Health Screen 30 Assessment	\$179.00
Additional Health Screen 30 Assessment on Completion	\$179.00
\$20 Gift Voucher for Heathfitshop.com	\$ 20.00
Waboba Ball - It bounces on water!	\$ 9.95
SPACE Vitamins (1 Month Supply)	\$ 29.95
Personal Diary with Expert Tips	\$ 19.95
Discount Voucher for 3rd Assessment	Saving of \$ 70.00
Access to Exercise and Sports Scientist Phone Support	Priceless
20% off Healthfitshop.com for the duration of the initiative	

Buy separately and you'll pay over **\$500.00**

**You receive all this for only \$249**

## Who performs the assessment?

The Assessment portion of the MLHi is performed by a Qualified Health Screen Assessor.

## What does the assessment involve?

The Assessment portion of the MLHi takes approximately 30 minutes.

There is no strenuous exercise involved and the areas tested include:

Biological Age, Body Composition, Metabolism, Lifestyle, Flexibility,  
Heart & Lung function, Diet Survey, Strength, Stress and Nutrition Survey.

## Where does the assessment occur?

The assessment takes place locally either at the My Life Health Assessment Centre or at a Studio, Gym or Health Centre near you. You will receive more details once you have registered.



# Initiative Summary

**Location:** South East Queensland

**Starting Dates:** 10th - 18th of April 2010

**Completion Dates:** 19th - 27th June 2010

**Once you have registered you will be contacted with more information**

The My Life Health Initiative is co-ordinated by ULO Pty Ltd. PO Box 5353 Daisy Hill QLD 4127

In order for participants to have the best experience, numbers are limited.

Please note: In the unlikely event that there are multiple winners in each category, the prizes will be shared equally between the winners

## How do I register?

**For more information or to register call 1300 813 227  
or email [troy@ulohealthfitness.com.au](mailto:troy@ulohealthfitness.com.au)**

