



## Imagine If Your Partner Found Out?

It's common.	
Not putting yourself first.	
Even more so when you have a family.	
Before too long, it just becomes the way it is.	
Looking after yourself becomes a distant memory.	
It's a thing of the past.	
Health coaching isn't just for you.	
It's for your partner.	
Your family.	
Your future.	
Will you do it for them?	

