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COACH YOURSELF TO BETTER HEALTH

by 'Dr Dion' Klein

International Presenter
Business & Life Strategist
Wellness Specialist

Dr Dion Klein discusses ways each of us can coach ourselves to better health. You don't have to join a gym (unless you want to)! There are many practical ways to start your program to a healthier YOU! His first CD (in a series of many), focuses on:

- ☆ **how to start a fitness program**
- ☆ **how to overcome the challenges that hinders one's motivation, and;**
- ☆ **practical ways in choosing physical activities** that will satisfy your personal health and fitness goals.

About Dr Dion Klein: Dr Dion's foundation is in health and physical education and has been involved in the health and fitness industry for 20 years. He was a University lecturer in sports business and trainer in fitness and massage. He presents nationally and internationally on corporate health, business and networking. He served as President of Fitness ACT for four years and currently serves on the Board of the Australian Health Promotion Association (ACT Branch). He is the founder/event coordinator of the Corporate Health and Fitness Challenge and FitnessAge Challenge. His specific qualifications include: PhD in Physical Education; Master of Business Administration; MEd Physical Education/Sports Administration; BS in Health and Physical Education/School Health; Certificate III in Fitness; Certificate IV Workplace Training and Assessment; Qualified Massage Therapist; Diploma in Professional Counselling/Career Counselling (in progress)

I would like to order ___ copies of *Coach Yourself to Better Health*. Program includes 40-minute Audio CD, 20-page booklet on various health and fitness tips and a goal-setting form.

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