



WALK & TALK

**Counselling while you exercise
Learn to be your own therapist**

**Connect mind and body for better health
Develop confidence and motivation
Increase self-awareness and understanding
Manage eating and weight
Improve thinking
Reduce stress**

**Ashley Clark 022 0883686 or info@exercisepsychology.co.nz
Personal Development Coach & Master of Psychology
Reach out NOW for an affordable booking**