

Exercise Psychology

Connecting mind and body through exercise for better health



Personal Development Coach & Master of Psychology

Outdoor therapy activities are unique, affordable and tailored to suit all ages (individual or group)

WALK & TALK

Outdoor therapy while
you exercise

- Develop confidence and motivation
- Increase self-awareness and understanding
- Manage eating and weight
- Improve thinking
- Reduce stress
- Learn be your own therapist

EATING SUPPORT

Support with eating and
exercise

- Recovery for disordered eating/eating disorders
- Establish rules and non-negotiables
- Normalising eating
- Address unhealthy behaviour and thoughts
- Provide strategies to maintain progress independently

CHILD DEVELOPMENT

Make exercise a positive
and effective experience

- Outdoor play to provide tools and teach life skills
- Mind and body coordination
- Builds confidence and body awareness for a healthy body image
- Reduce worry and stress while improving focus
- Support with behaviour management and emotional regulation

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