



**EMPOWERING YOU TO  
FEEL GOOD AND LIVE A  
V.I.B.R.A.N.T LIFE**



# ARE YOU FINDING YOURSELF AT A MIDLIFE CROSSROAD.....

**juggling a demanding career, family responsibilities, & personal health, and feeling increasingly disconnected from your body and losing the vibrancy you once had?**

Have you reached a point where it feels like your energy levels are dropping, hormonal changes are affecting your mood and self-esteem, and the constant comparison to others leaves you mourning the loss of the person that you used to be, devastated that your formidable former self has disappeared in the midlife mist?

Despite previous weight loss on “successful” diets and plans, you have always found yourself rebounding and regaining the pounds, and then blamed yourself for your failure. Even though you’ve joined numerous fitness clubs and dragged yourself to exercise classes, you always lose the motivation, because you hate the gym!

You have tried hard to prioritise your health and wellness on so many occasions, but nothing seems to work in the long-term, leaving you feeling depleted, less confident and feeling increasingly down, as the reality of yet another failed attempt sinks in.

You are so done with implementing countless wellness strategies and following fitness plans that don’t fit in with your life.

You’re fed up trying different diets, supplements, and even hormone replacement therapies (HRT), but not seeing the results you were promised.

**YOU ARE STUCK IN A CYCLE OF DISAPPOINTMENT AND FRUSTRATION, FEELING WORN DOWN AND EXHAUSTED. YOU FEEL THAT YOU ARE RUNNING OUT OF TIME, AND THE WILLPOWER THAT YOU REALLY NEED, TO EVER MAKE THE CHANGES THAT WILL LAST IN THE LONG TERM.**



Click on the button on the screen to watch the video.

[www.thelonglifehealthclub.com](http://www.thelonglifehealthclub.com)

# I GET IT BECAUSE I'VE BEEN THERE....

**Stuck in a cycle of new plan enthusiasm and commitment, to post plan failure and self-criticism.** Trying everything - self-help books, talking therapies, numerous diets, even medication - but nothing seemed to work.

**Constantly chasing what I knew I was capable of.** Never quite sticking to what I thought was the right path, long enough to achieve my goals..

**Signing up for the NEXT thing,** that was often ridiculously restrictive or unachievable, leaving my perfectionist tendencies to derail my efforts when I inevitably slipped up.

**Always beating myself up for my lack of commitment and another failure.**

**My all or nothing nature would go from brilliant dedication to catastrophic saboteur in a heartbeat. At rock bottom - eventually I realised the missing piece** a clear, actionable process that not only guided me, but also nurtured and supported me through every stage of my body and mindset transformation.

**It is possible to get back to vitality and feel confident in your body so you can completely love your life, and yourself again.**

## Introducing... The V.I.B.R.A.N.T LIFE Programme

This isn't just another self-help course. The **VIBRANT Blueprint Process** is a **comprehensive, proven framework designed to guide you step by step toward living the healthy and energised life that you deserve.**

Over 3 months we will work together closely, so that you can learn and **implement actionable strategies, gain new insights,** and are **fully supported** to ensure your transformation is **consistent and sustainable** and most importantly **fits around your life.**

We'll cover everything from **mindset mastery** to **goal setting, productivity, nutrition, healthy habits** and creating a **lifestyle that aligns with your values and dreams and your longevity goals.**

“ Catherine's vast knowledge and support has blown me away. Thanks to Catherine I am working towards a healthier future – it has been truly life changing.

Gill B, Marketing CEO



# What's included?

<b>Indepth health questionnaire capturing all your health history</b>	☆
<b>3 Day food diary analysis &amp; nutritional assessment</b>	☆
<b>Initial 60 minute consultation to set goals, intentions and create your personalised action plan</b>	☆
<b>Fortnightly online coaching calls via zoom.</b>	☆
<b>Weekly Accountability Activity &amp; Mindset Check Ins</b>	☆
<b>Unlimited What'sApp access for questions and ongoing support</b>	☆
<b>Personalised supplement suggestions (if applicable)</b>	☆
<b>Personalised meal plans and shopping lists</b>	☆
<b>At home/ gym based exercise plan (equipment list)</b>	☆
<b>Weekly habit planning &amp; habit tracker</b>	☆
<b>Access to Long Life Health Club progress checker app</b>	☆
<b>Access to Long Life Health Club nutrition plans including specialist meal plans for menopause, balanced hormone health, gut health, high blood pressure, plant based, low carbohydrate, weight loss injection support, arthritis &amp; heart health plans amongst many more.</b>	☆
<b>Access to the Long Life Health Club training academy - which contains practical guides, tutorials, workbooks and step by step lifestyle protocols on everything from how to eat out, 10,000 steps a day hack, emotional eating rewire, sleep protocols, meal prep for meetings and so many more invaluable VIBRANT life essential tools.</b>	☆
<b>21 Day sugar free meal plan challenge</b>	☆
<b>Payment Plan 3 monthly payments of £395</b>	
<b>One off payment £997 (saving 20%)</b>	

“ Catherine has been so inspirational, supportive and caring on my journey to improve my health. I now understand menopausal changes, and how to still get the results that I needed. I already have much more energy and positivity for my future, and I have also lost over 7kg so far!

JL, Business Manager



# Got Any Questions?

## **How quickly can I expect to see results?**

Most clients, who commit fully to the course, start seeing mindset shifts and changes within the first few weeks, with lasting results by the end of the 12-week process.

## **Do I need to attend live coaching sessions?**

While live coaching is highly beneficial, you can still access all replays and get ongoing support through our community.

## **Can I access the program content after the 12 weeks?**

Yes! You'll have access to all course materials for 12 months from the first day of your coaching, including coaching call recordings, and bonuses.

## **Why is this the plan that is going to work when everything else I have tried has failed?**

The reason you will have success on the VIBRANT LIFE plan where you may have failed before is that this plan is tailored to you and your busy life. Most plans are a one size fits all strategy designed to make a make money in a billion pound diet industry. Most of the most famous diets around are set up for your failure. The diet shakes and point counting systems want you dependent on their products and paying subscriptions for the longest terms.

The VIBRANT LIFE plan is personalised to you and your life and capabilities, and designed to help you go forth ON YOUR OWN with the tools and strategies to help you maintain long term health and body confidence for the rest of your life.

Find out if this plan is for you? [\*\*Book a FREE 30 minutes to change your life call\*\*](#)

# You can feel...

**Energized and Vibrant:** Waking up every day feeling refreshed, full of energy, and ready to take on the day with enthusiasm.

**Confident in Your Body:** Strong, fit and comfortable in your own skin, embracing your healthy body as you age.

**Empowered and In Control:** With healthy habits that fit seamlessly into your busy life. Hormonal changes are managed, and you feel in control of your cravings and mood shifts.

**Fulfilled and Purposeful:** Reconnecting with your sense of purpose and feeling inspired and excited about your next chapter of life.



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**BOOK A FREE 30 MINUTES TO CHANGE YOUR LIFE CALL**

