

# Sometimes the smallest things can make the biggest difference.

Many of the toughest athletic challenges in the world today are won and lost by fractions of a second. Its all the small things or one percenters that athletes do that add up to a winning formula.

Executives and elite athletes have a lot in common. They are both exposed to stress, tests of endurance and consequences to health. Can you imagine making lifestyle changes that will provide the same performance enhancement for you as it does for an elite athlete?

Executives are the 'hard drive' of a company and their performance is key to an organisation's success. The consequences of their decisions ripple and magnify down through the company.

Lets face it, your job can be tough, relentless and exhausting. It may involve frequent travel which makes eating well and exercising a challenge, especially when you need to fit in a hectic work schedule with your family and life commitments.

## Sometimes very good is just not good enough

High performance health is a strategy that enables you to achieve success in areas that you've only ever dreamt about.

Your health and performance can be controlled and influenced so you get significant gains in productivity and profit. *Now there's food for thought!*

That's where I can help. With a structured and practical approach I will equip you with the tools and strategies to improve your health performance. This will result in a sharper mental focus that is integral to your business and personal success.

The secret is in the unique, exclusive service with support from me one on one plus access to a team of experts in the performance and productivity arena. You'll be amazed at what you achieve. Results you've been after for years.



# Julie Meek

performance specialist

## About Julie

It's true, Julie Meek is a Dietitian - but there's a lot more to Julie than food. Julie spent five years as the Dietitian to a major AFL team and the Perth Wildcats Basketball team and is currently working with the athletes at WAIS. She has helped thousands of people achieve personal success through eating well and implementing the strategies of the elite sports people.

Julie has over 15 years experience in the public, sports and corporate health and performance industry. To back up this practical experience, she is an Accredited Practising Dietitian and an accredited Member of the National Speakers Association Australia. Julie's experience and qualifications enable her to deliver the most current and groundbreaking information available.

Julie is the resident 'nutrition and performance' expert with a regular segment on 6PR radio and the author of 'Truth, Lies & Chocolate'.

Julie knows that health is a powerful instrument in improving all aspects of performance. She is a professional and motivating coach and speaker and passionately committed to improving the performance of individuals, teams and businesses.

## Testimonials

*"Given the role I have, I constantly find that I am travelling and working at a fast pace. My balance between exercise, eating and managing stress levels has never been great, but this has changed over the past 12 months working with Julie.*

*The results I have achieved have been nothing short of fantastic. My skinfolds have reduced by a massive 30%, I am the lightest I have been for years, my health has improved and I now have a much sharper mental focus I apply to my life.*

*Julie has been the key and I would recommend her to anyone" - **Jon Sutton, Managing Director - Bankwest***

*"Playing football without Julie would be like trying to play without football boots" - **Matthew Pavlich, Captain - Fremantle Dockers Football Club***

*"Julie's structured and practical approach to nutrition, exercise and goal setting allowed me to reverse 10 years of steady weight gain and reduce my cholesterol by 35% - no easy feat for a company director with a young family. These results are something I was never able to achieve on my own" - **Tim Flavel, Director - Garrison Capital***

## Questions for Julie?

0411 188 996

julie@juliemeek.com.au

www.juliemeek.com.au



## Packages Available

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Iridium is the most corrosion resistant metal known to man. Ergo, the Iridium concept aims to maximise your resilience.

### Iridium Executive

This package is for your executive team enabling them to discover the "one percenters" tips to enhance their performance and productivity.

**Your investment will include:**

6 weekly breakfast meeting that Julie will facilitate (food included). It will be an interactive discussion with a TOTAL PERFORMANCE focus

Each month you will have a 1 x 15 minute telephone consult.

Three weekly email/audio/video advice

**\$300** per month, per person

### Iridium Elite

This is for the senior executive who is looking for an exclusive service that features inbuilt accountability, access to expertise and fortnightly personal support.

**Your investment will include:**

Individual health and performance assessment including skinfold testing, weight, height, sleep and blood tests plus quarterly reviews

Monthly breakfast meeting with an exclusive group (maximum of 8 members) of other corporate peak performers that Julie will facilitate. There will also be a guest expert at each meeting who will expose you to the latest in Thought Leadership. It will be an interactive discussion with a TOTAL PERFORMANCE focus

Monthly gourmet breakfast at a premium Perth location

Each fortnight you will have a 1 x 15 minute telephone catch-up at a time that suits you

Fortnightly email/audio/video advice

Truth, lies and chocolate book by Julie Meek

**\$450** per month

### Iridium Premium

This is for the senior executive who is looking for an exclusive unique service that features inbuilt accountability, access to expertise and weekly ongoing personal support. As a bonus you can nominate a second person to take advantage of our exclusive service.

**Your investment will include:**

Initial individual health and performance assessment including skinfold testing, weight, height, sleep and blood tests plus review every 2 months

Monthly breakfast meeting with an exclusive group (maximum of 8 members) of other corporate peak performers that Julie will facilitate. There will also be a guest expert at each meeting who will expose you to the latest in Thought Leadership. It will be an interactive discussion with a TOTAL PERFORMANCE focus

Monthly gourmet breakfast at a premium Perth location

Each week you will have a 15 minute telephone catch-up at a time that suits you

Weekly email/audio/video advice

Truth, lies and chocolate book by Julie Meek and Survival for the Fittest Cookbook by the AIS Dietitians

Second person of your choice has access to me also by phone and email. Every second month they will be invited to a meeting that Julie will facilitate.

**\$600** per month

Iridium **ELITE & PREMIUM** are available by invitation only. To reserve one of the eight exclusive places in the 12 month program for 2011 contact Julie now on 0411 188 996 or [julie@juliemeek.com.au](mailto:julie@juliemeek.com.au)