



Ready to make changes? Answer our simple questions below to see if our “More Me” membership can help you get to where you want to be...

### IS “MORE ME” FOR YOU?

#### Would you like to...

1. Have more energy and better sleep patterns? YES
2. Feel stronger and fitter, with improved stability? YES
3. Move more freely, with fewer aches and pains? YES
4. Feel happier and belly laugh more? YES
5. Create more space for you? To feel calmer? YES
6. Become more organised and proactive? YES
7. To feel less resentment and become more fulfilled? YES
8. Be better able to manage what you eat and how much? YES
9. Have stronger, more meaningful friendships? YES
10. Increase your self confidence? YES
11. Have the ability to not give up, to see things through? YES
12. Be equipped to deal with whatever life throws at you? YES

**If you have answered “YES!” to more than 6 of these life changing questions then you’re ready to join our membership!**

Are you ready to use our plan (alongside your own personal diary) to ensure you prioritise time for you?

Can you spare just 15 minutes most days to feel happier & healthier?

Would you like to invest this time to calm your mind, feel proactive and organised in order to best support those around you?

**Confirm your place by 30th June 2020 to join us!**

Email [enquiries@simplystride.co.uk](mailto:enquiries@simplystride.co.uk) to book your place