



MOVEMENT

NOURISH



HYDRATE

MINDSET



# VITALITY HUB

## CUSTOMER INFORMATION PACK

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# VITALITY HUB

Vitality Hub is a WORLDWIDE online health & lifestyle program that has been designed to support you in living a healthier, happier, aligned and more energised life.

We believe that living a healthy life should be sustainable and enjoyable. Our program is free from deprivation and crazy rules while focusing on how to create nutritious and tasty meals each and everyday so your body is fuelled right. We also believe that to have a healthy life, one must take care of themselves; *Mind, Body and Soul* - so we have lots of great resources to brighten your life in these areas too!

Our mobile friendly membership Hub is full of the tools you'll need to successfully create healthy habits, happy minds and conscious food cultures in your home!

*We encourage you to live the lifestyle!*

*Inside the Program you will find ...*

- Lifetime access to the customer Hub
- 7 Day Reboot Guide
- PROJECT44 Challenge Guide
- 3 Day Soul Cleanse
- Sculpt and Tone Program + Booty Guide
- 30 Day Challenge Guide
- 1000's of family friendly recipes
- Smoothies, Recipes and Tips
- Mindset, Self Love and Personal Development Guide
- Meditation and Mindfulness Resources
- Vegan Nutritional Support Products
- Workout library including yoga, HIIT, pilates, Booty Program, Sculpt + Tone and workouts with personal trainer Andy G
- Health guidance and mentorship with an ambassador
- Access to a dedicated Facebook group of likeminded people also transforming and sharing their journey.
- Access to challenges and prizes through the year.
- And other resources to elevate your health.

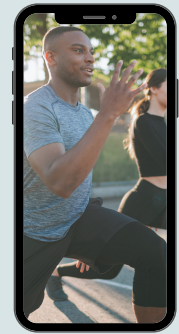
**DM FOR YOUR CUSTOMISED PLAN**

# VITALITY HUB

## *Our Simple Programs*

### VHPROJECT44

VHPROJECT44 is our core program designed to help clients make small shifts - that create big results! By encompassing 4 simple rituals every day for 44 days, we aim to teach our community how to fall in love with making your health a priority. In Numerology, the number 44 represents a balanced, efficient, disciplined and conscientious energy. Sounds like the perfect energy for a health transformation, right?!



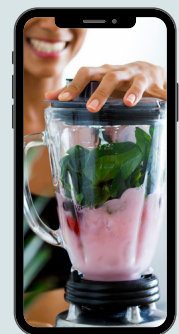
### VH30 DAY TRANSFORM

The VH 30 Day Transform program is designed to help you shed unhealthy habits and focus on sustainable clean living, whilst getting in shape and feeling good in your body! Follow our yummy recipes, meal plans and work outs to achieve some epic results over a 30 day period!



### 7 DAY REBOOT

Our short and effective 7 Day Reboot! A simple 'butt-kick' into a healthier and more mindful lifestyle. This program is about resetting your daily habits and making sustainable changes that are easy to keep after the week is up! Great tool for a gentle detox within a supportive community.



### 3 DAY SOUL CLEANSE

Are you feeling a bit stuck or 'off'? Or maybe even out of alignment? Our 3 Day Soul Cleanse is the perfect program to pick up to reboot your soul! Full of tips around mindfulness, meditation, grounding, breath work and gratitude our 3 Day Soul Cleanse is designed to show you that you truly can shine from the inside out!



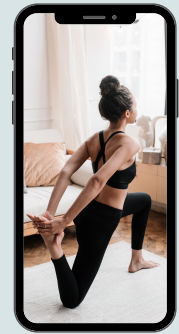


# VITALITY HUB

## *Our Simple Rituals*

### MOVEMENT

Our bodies are designed to move!  
At The Vitality Hub we want to help you fall in love with the energy + benefits that movement creates! Moving our bodies regularly gives us healthier joints, stronger bones, more physical strength, good circulation, increased cardiovascular health plus improved concentration and mental well-being. That's an impressive list of perks! So it's no doubt that MOVEMENT has made a spot in our ritual list.



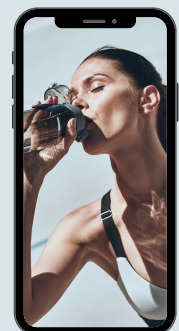
### NOURISH

The Vitality Hub loves teaching the benefits and healing power of nourishing our body from the inside out with delicious, whole foods! Good food does not mean boring food! We have found some of the most tremendous transformations come from teaching our clients some simple healthy, food rituals; hence NOURISH makes its place in our daily focus.



### HYDRATE

Our water intake plays a critical role in our health and the quality of our lifestyle. This ritual is often overlooked, but it's a motivator for wonderful benefits so we're giving it more air time! Upping your hydration regulates body temperature, keeps joints lubricated, prevents infections, delivers nutrients to cells and keeps organs functioning properly. We want to help you make your water intake a priority in a fun and effective way!



### MINDSET

Your mindset plays a major role in both your motivation and your happiness. At The Vitality Hub, we believe our mindset is our super power! By mastering our mindset we can achieve next levels of success, inner peace and fulfilment. We believe in a very holistic approach to health and understand that unless you are in tune, mind, body and soul, you won't be showing up as your best self.



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# VITALITY HUB

*Are You Ready To Transform?*



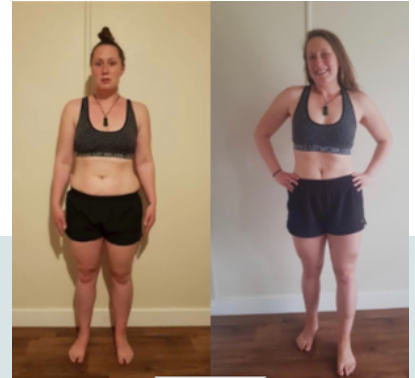
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VITALITY HUB CUSTOMER TRANSFORMATION



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NOURISH

## *Complete Pancakes*

1/2 CUP COCONUT MILK

2 EGGS

3 TBS OATS OR QUINOA FLAKES

1 SACHET VANILLA OR CHOCOLATE COMPLETE POWDER

Place all ingredients in a high powered blender until smooth. Heat pan over medium to high heat and melt 1/2 tsp coconut oil. Cook 2 tbs batter until bubbling and cooked on one side.

Flip and cook until browned.



RECIPE SNEAK PEAK



NOURISH

## *Salted Caramel Smoothie*

1 SCOOP VANILLA COMPLETE PROTEIN POWDER  
2 PITTED MEDJOOOL DATES  
1/2 FROZEN ZUCCHINI  
PINCH OF HIMALAYAN SALT  
1 FROZEN BANANA  
1 TBS OF NATURAL PEANUT BUTTER  
1/2 TSP VANILLA EXTRACT  
1 CUP ALMOND MILK  
HANDFUL ICE CUBES  
1 TSP MACA POWDER  
PINCH CINNAMON

Place everything in your blender and blend until smooth. You may need to add more/less liquid to gain desired consistency.



NOURISH

## *Sticky Thai Chicken*

- 8 ORGANIC CHICKEN THIGHS - CHOPPED
- 2 CHOPPED LEMONGRASS STALKS - WHITE PART ONLY
- 1 TSP DRIED CHILLI FLAKES
- 1/4 CUP HONEY OR MAPLE SYRUP
- 1/4 CUP ORGANIC FISH SAUCE
- 1/4 CUP TAMARI
- 2.5 GINGER - GRATED
- 1 TBS SESAME SEEDS

Place the chicken, lemongrass, chilli flakes (omit if feeding to children and add before serving), honey, fish sauce, tamari and grated ginger to a bowl or container and coat. Leave for a few hours (tomorrow night if possible) but definitely doesn't matter if you can't! Bake for in a 200 degrees pre heated oven for 15 minutes, or until chicken is cooked through. Serve with shredded cabbage salad or steamed vegetables.





NOURISH

## Healthy Snickers Slice

1 + 1/2 CUPS OF ALMOND MEAL  
1/2 CUP RICE MALT SYRUP OR MAPLE SYRUP  
1/2 CUP PEANUT BUTTER  
1 TBS COCONUT SUGAR  
1/4 CUP PEANUTS  
80G LOVING EARTH DARK CHOCOLATE

**Base:** Blend almond meal, rice malt syrup, peanut butter and coconut sugar until combined. Press mixture into a lined baking tin.

**Topping:** Melt dark chocolate in a bowl over a saucepan of boiling water until smooth. Sprinkle peanuts over base and pour melted chocolate over.

Set in fridge.

**GET IN TOUCH TODAY AND FIND OUT HOW YOU CAN**

*Transform Your Life*

We have so many different bundles and product options. Your ambassador will work with you to help pick the right product or bundle for you based on your goals and budget.



*click the image below to learn more*

**VITALITY HUB**

[FIND OUT MORE ABOUT OUR PROGRAM HERE](#)

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