

# Our Program

## HEARTY SPIRIT

We do not just equip you with knowledge, we walk the journey with you.

## THE MENTORS

Our mentors are experienced in wellness - from weight management to dietary coaching.

## FACILITIES

We are Flexible! We offer coaching from our studio but you can choose on-line delivery as well. If you prefer, we can also deliver coaching in your premises.



# Hearty Planet

**We love working with clients from all walks of life who share the common goal of bettering their Mind, Body, and Soul**



**"The first wealth  
is health"**

**RALPH WALDO EMERSON**  
American Philosopher



## **Our Vision**

**To be the regional  
go-to Wellness  
partner**

## **Why Register ?**

**Extremely knowledgeable mentors  
with real-world experience in  
wellness practices**

**A commitment to provide the  
highest quality dietary  
Supplements where necessary.**

**A community of wellness  
enthusiasts**

**Customised knowledge transfer  
sessions**

## **Enrol Today**

**Contact us at:**

**Bomah Court, Mombasa Rd,  
Nairobi.**

**HeartyPlanet@outlook.com**

**+254 110 235800**

**[https://heartyplanet.wixsite.com/h  
eartyplanet](https://heartyplanet.wixsite.com/heartyplanet)**

# Nutrition Content

Basics of Human Physiology

The Digestion process

Food groups

Diets

Dietary Conditions

Weight Loss Formula

Smart food shopping



# Fitness content

The Benefits of Fitness

Aerobic & Anaerobic Exercises

Gym Equipment

Home Gym

Essential & Dangerous exercises

Gym streaming session



# Stress Management Content

Role of Diet in Stress

Common stressors:  
Inflammation, Acidity & Bloating,  
Constipation, Tinnitus

Men-specific stress topics

Women-specific stress topics

Meditation

