

# 6 Weeks. Stronger You.

**Stronger body. Healthier habits. More energy, Greater confidence**

## WHAT IS IT

**Clarity Stronger in 6** is a practical, supportive 6-week health, fitness and wellbeing program designed to help you create healthy behaviours that fit into real life.

## WHEN

Monday 12 October - Friday 20 November 2026

## WHO

The program is specifically designed for women 40+

## WHAT WILL YOU ACHIEVE

Over six weeks, we'll focus on the behaviours that make the biggest difference to your health and wellbeing.

### Reset & Refocus

Understand your current habits, identify what matters most and establish realistic goals.

### Move More

Build consistency with daily movement and functional fitness.

### Get Stronger

Build your physical capacity with resistance training.

### Eat for Energy

Learn practical strategies around balanced meals.

### Recharge & Recover

Sleep, stress, recovery and time for yourself.

### Make it Last

Create a plan for maintaining your new behaviours.

**INVESTMENT: \$397 AUD**

## WHAT'S INCLUDED

Your \$397 investment includes:

- **12 coached group fitness sessions** - two sessions each week combining strength, cardio, core, mobility, and functional movement.
- **Comprehensive Wellbeing Assessment** - a personalised starting point covering fitness, movement, nutrition, sleep, energy, stress, lifestyle and goals.
- **6 weekly health coaching themes**
- **Weekly habit challenges** - simple achievable actions to put what you're learning into practice.
- **Weekly accountability** - support, encouragement and check-ins to help you stay on track.
- **Progress review** - recognise your improvements across fitness strength, energy, confidence, habits and wellbeing.
- **90-Day Clarity Stronger Plan**

## HOW

**Register with Tom via email to [tom@clarityfitness.com.au](mailto:tom@clarityfitness.com.au)**

## THE CLARITY PHILOSOPHY

Clarity Health & Wellbeing is committed to helping people move, feel and live better through practical health, fitness and wellbeing support.

Our approach is more than exercise.

It's about helping you develop the knowledge, confidence and behaviours to create a healthier life that works for you.

Tom Vujevic

Director, Health Coach & Personal Trainer

