

# LEE-ANNE WANN.COM

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HEALTH & FITNESS CONSULTANT  
PERFORMANCE NUTRITIONIST

*small things truly make  
for great changes*



blue coconut  
coconut oil



@Lee-Anne Wann Health & Fitness

## **THE POWER OF small STEPS**

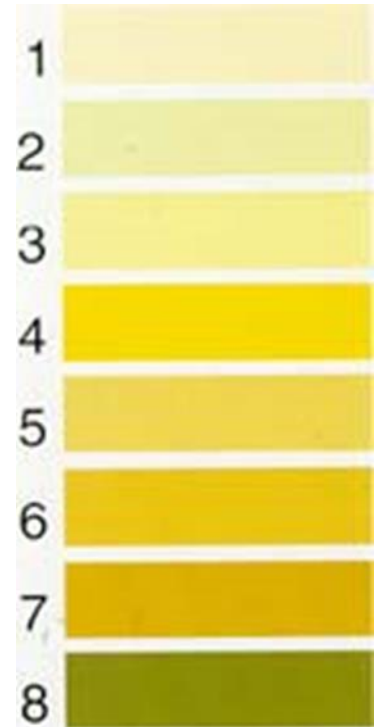
*Beneficial lifestyle and nutrition changes  
have a profound positive impact on the body.*

**4 Top Performance Tips**  
**4 Top Performance Foods**

# 4 PERFORMANCE TIPS



- 1. Own 30 mins**
- 2. Water on Waking**
- 3. Protein for Breakfast**
- 4. Drink Green**



# 4 PERFORMANCE FOODS

**Goji berries / Raisin**



**Coconut Oil**



**Chia Seeds**



**Apple Cider Vinegar**

[www.eternaldelight.co.nz](http://www.eternaldelight.co.nz)

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# DAIRY WOMEN'S NETWORK CONSULTATION SPECIAL OFFER

Lee-Anne is excited to offer **50% off** her online consultations for all conference participants.

Online consultation includes:

- Health screen including goals
- Nutrition review
- Top 5 Custom To Do's to achieve your goals
- Cost \$115.00 + GST

To book e-mail [contact@lee-annewann.com](mailto:contact@lee-annewann.com) using reference DWN50 and full name

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*Thank You*