

Andrew Jobling Presents Live Lean & Live Strong

www.andrewjobling.com.au

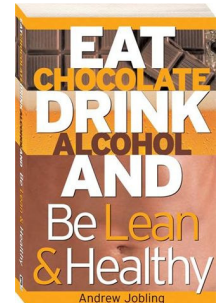


Andrew Jobling played senior AFL football for the St Kilda Football Club – But don't hold that against him! He has over 20 years experience in educating, speaking, business development, training elite athletes and health & wellbeing.

As a personal trainer he yelled at lots of people for many years before he discovered the secret to helping them achieve long term success with their health, mind and body.

As a business owner he worked ridiculous hours before he discovered some powerful insights!

Andrew is the author of the bestselling *'Eat Chocolate, Drink Alcohol and be Lean & Healthy'* & *'Simply Strength'* and is a dynamic, entertaining and inspirational speaker who spends his time sharing the secrets that have changed countless lives



Live Lean & Live Strong:

In this engaging and informative presentation Andrew will share the secrets to help **anyone**, irrespective of their circumstances, create long term positive change. He will clear up the misconceptions and help develop an understanding of how and why things have stopped us in the past from having the health and body we desire. Andrew will introduce the 'Pathway to Wellness', teach the concept of how to 'Dance Until it Rains' and then introduce six simple steps to a happier, healthier, more productive you. Make this the last and most successful attempt at developing the body and health you desire – forever. Andrew will inspire and empower you to take action. This is a talk you don't want to miss!

"Thank you for organising The Live Lean and Live Strong Seminar. I found Andrew and his presentation very inspirational! His example of attaching an emotion to your goal was very thought provoking. I want to be on that beach with my grandchildren in 30 years time!!! Thank you Andrew"
Despina, (Victorian Public Sector Continuous Improvement Network)

Some of the Organizations Andrew has presented to:

