



Hey, Do you Know the Difference between Roast Beef and Pea Soup???

I do..... and so does Nicole Lambert.

Nicole Who??

Nicole Lambert.....our Nutritional Coach and newest team member here at Goal Power Training.

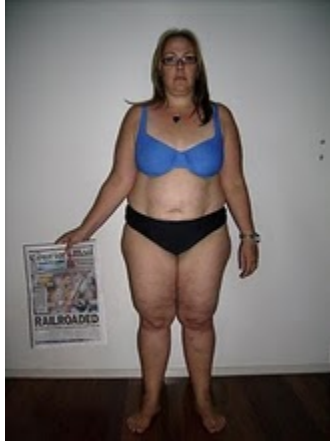
Have you ever worked with, or know someone who has worked with a personal trainer?? Then you will know the value of having a Personal Trainer if you want to see improvements in your fitness, right?

So who do you go to if you need help to make changes to your diet, nutrition or need to know what is right for you when it comes to weight loss (or weight gain in some cases)????

Well here at Goal Power Training, that would be Nicole.....our very own (or could be your very own) Nutritional Coach!

Let me introduce you.....

This is Nicole 'before' becoming a Nutritional Coach....



And this is Nicole 'after' becoming a Nutritional Coach ....



Think she might know the difference between Roast Beef and Pea Soup.....??

So you have met her 'physically'... so now read what makes her tick....so Nicole, tell us.....

What is the best part about working as a Nutritional Trainer?  
Educating people on how easy it really is to live a healthy lifestyle and enjoy life.

What is your most memorable achievement and why?  
Losing 30kg in 12 months. And then competing in my first triathlon

Who inspires you?

Anyone who has the courage to step outside of their comfort zone in order to achieve something. There are so many normal people out there who continue to inspire me with their courage to create change in their lives. If I had to pick a well known person who inspires me, I'd have to say Lance Armstrong.

What is the greatest 'gift' you have ever given to yourself?  
Time and love

What one piece of advice would you give to someone wanting to make changes to their lifestyle who says they have 'tried everything and nothing works'?

Nothing has worked "YET!!!". I would suggest that perhaps its not WHAT they've tried. But HOW they have tried it. Explore the possibilities that they are the common denominator in all of their attempts. If they truly believe, then they will achieve. Success comes from within. It is our self limiting beliefs and our fears that prevents success.

If you could leave a legacy in the health and fitness industry, what would it be and why?

I believe that there is a lot of personal trainers, a lot of health clubs, a lot of weight loss communities out there, but there is an element missing. Having been obese myself, I understand the emotional and mental struggles that come with obesity. It takes a lot of courage to change and I don't believe that there is enough resources for people to heal emotionally whilst participating in weight loss programs. I want to see more of a shift towards a more holistic approach to obesity and fitness, so that people can address and combat the issues surrounding obesity.

So tell me, are you tired of sinking your money into the billion dollar weight loss industry??

Are you 'over' buying into the one-size-fits all approach to weight loss??

Do you want your own nutritional 'blueprint' that has been designed just for you?

A 'blueprint' that you can take on holidays, take out to dinner, take to your best friends birthday party, a 'nutritional blueprint for success' that is yours to have for the rest of your life!!

Nicole will work with you to get you your goal life....not just your goal weight!!

There are only 5 opportunities available to secure Nicole as your Nutritional Coach and they wont last long.....

To celebrate having Nicole join the Goal Power Team I have an extra special bonus for the first two people only!!!

ONLY the first two people to contact me today for a 'no-obligation' chat with Nicole will receive with their personalised nutritional program.... 12 weeks of Group Training with GirlPower Outdoor Group Training for FREE.

That's over \$1,000 worth of casual group training sessions -  
BUT only for the first two people who make the decision to  
take control of their goal life TODAY!!

So, do you still want to know the difference between Roast  
Beef and Pea Soup???

You cant 'Pea' Soup.....

Jen Forster  
Women's Health Expert  
Goal Power Training  
0403 236 783  
[jen@goalpower.com.au](mailto:jen@goalpower.com.au)  
[www.goalpower.com.au](http://www.goalpower.com.au)