



Find the greatness within

The Program

100. **NuVoWay LifeStyle Coaches** across the Territory including NDG, Montreal West, Cote St. Luc, Hampstead, Westmount, Outremont and Cote des Neiges (>250,000 population)

Divided into 4 Areas - North, South, East and West, with each Area having a home space capable of containing in excess of 100 foldable chairs and podium (for weekly speeches/services/seminars etc...

- North - Location TBA
- South - Location TBA
- West - Location TBA
- East - Location TBA

25 NuVoWay LifeStyle Coaches/Area, taking our message, products and services out to every person, business and organization in their 'Zone' of 2500 people.

Regular Activity Schedule

Each NuVoWay LifeStyle Coach will give up to 5 hours/week of their time to hosting activities in their Area. At 1 hour/week this represents 4 activities at different times during the day, 6 days/week. These will include:

- Mindfulness, meditation, movement and music classes
- Walks around the parks/community
- Aerobics classes
- Yoga classes
- Strength and conditioning classes (using bands ets).
- Other classes etc as need and imagination demand

NuVoWay.ca

Leading a health, fitness and LifeStyle revolution.