

The LIFESTYLE PROGRAM key initiative's is about tackling Aboriginal health issues to tackle and address the major health issues plaguing our community including suicide, cancer, heart disease, respiratory issues and diabetes whilst also creating leaders in our community who through their habits & rituals will encourage more people to live a healthier lifestyle.

READ THE PASSION BEHIND THE PROGRAM – <https://www.the-real.com.au/?s=Jeffrey+morgan>

WHAT THE PROGRAM IS ABOUT - <https://vimeo.com/289800864>

WATCH WHERE THE PASSION CAME FROM - <https://youtu.be/oFvXUeZZLRQ>

Growing up on “The Block” in Eveleigh Street, Redfern and seeing major health issues, losing both parents to cancer, one brother to suicide and another brother to a preventable health issue plus watching my mob pass well before they should have and sustaining major sporting injuries has fuelled the passion to change our mobs lives.

The embodiment of the program is about helping individuals create structure around their life that incorporates healthy habits that decrease major health issues such as Cancer, heart disease, diabetes, suicides and other health issues.

This then creates leaders in the community whose habits & rituals will encourage others to start their journey towards a healthy lifestyle.

All programs are realistic designed around the individual to be sustainable and the return to community every 3 months/4 times a year ensures there is ongoing support throughout the process.

Support through the LIFESTYLE PROGRAM APP, social media outlets, email, weekly newsletter, video conferences and text means the individual, group and community have the much needed go to support at the tip of their fingers.

This has proved crucial in the studies that I have done with my client's in regards to community engagement and the correlation in drop off rates.

After 15 years as a Nutritionist and Personal Trainer and growing up in Eveleigh Street, Redfern has given me insights from ground level and allowed me to put together the LIFESTYLE PROGRAM tackling real issues affecting our community.

It has allowed me to identify patterns which I then addressed and designed strategies, tools and tips to change people's mindsets which have played a major role in the success of the LIFESTYLE PROGRAM.

One of the key things I noticed was: it has to be easy to put in place, realistic & sustainable, take minimum time to do daily but have a huge return of interest on an individual's health.





JEFFREY MORGAN
THE LIFESTYLE PROGRAM

Benefits from the LIFESTYLE PROGRAM have shown to decrease major health issues including coming off medication, more energy, less bloating, better sleep, stronger and healthier body, better posture, more confidence and discipline which then rolled into their lifestyle.

The 1-2 day (optional) workshop covers 4 main aspects: NUTRITION, HABITS & RITUALS, MINDSET, TRAINING which all have sub units that are taught to create habits & rituals then reinforced upon returning to the community but in a different way each time to empower people to become leaders and live a better quality of life.

Each day consists of:

- 3 x 1 hour workshop blocks with Q & A's to ensure everyone is learning,
- 1 x training session (catering for all levels of fitness from the kids through to the Elders),
- 1 x walk (Connection to land),
- 1 x mindset session,
- 1 x APP education session

Communities that don't have access to Wi-Fi will be given workbooks to work from and track to be checked upon return every 3 months but weighed in by the local medical centre weekly.

Each person is added to the LIFESTYLE PROGRAM APP, which is simple to use but highly effective when it comes to accountability and also tracking engagement from your organisation which will also have admin control and send REMINDERS such as their weekly weigh in.

This factor has also been a pillar of the LIFESTYLE PROGRAM because it gave the participants real time feedback to adjust and work through the issues they were having whilst changing ingrained habits & rituals.

Accommodation, car hire/airfares are done by the organisation and the workshop is one set investment in health and wellness for community health & wellness. *Food is optional

*Please see the following page of what value, education and empowerment each person receives during the 1-2 day LIFESTYLE PROGRAM workshops.

Look forward to potentially changing your community's health and wellness which will not only change lives but also save lives and even more so leaving a legacy that our mob can use forever.





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What each participant receives:

- Constant support daily throughout the workshop until I return 3 months later to help create habits & rituals
- Full access to the LIFESTYLE PROGRAM APP with accountability tools
- Weekly eating plans with quick and delicious recipes
- Snack ideas
- Training programs with both gym, home/park workouts
- Flexibility/mobility guides that will help posture, prevent injury and combat stress
- Mindset tools that change ingrained habits & rituals
- Weekly strategies that combat patterns of most people such as eating out right, work/life balance
- Weekly Workout videos
- Instructional workout videos
- Empowerment handouts to educate participants to healthy habits & rituals
- Culturally based training connecting to land whilst getting fit
- Mindset videos
- Private FACEBOOK PAGE for all communities to interact with one another, other communities
- One on one consultation when necessary to help change current struggles
- Slideshows to create awareness around what healthy foods look like
- Accountability tracker that the individual and organisation can use
- Shopping tour in the community and online
- Regular assessments to keep the participants motivated
- Weekly newsletter
- Core programs
- A proven realistic & sustainable system that implements Aboriginal culture
- Sound advice that is culturally based
- Realistic and sustainable habits & rituals

To kick start the change in your community, please forward your preferred dates so we can take the next step to create good health among Aboriginal people. This program will change your community's lives.

Please see below the "FREQUENTLY ASKED QUESTIONS" for any questions you may have.

Truly look forward to hearing from you and please don't hesitate to contact me if you have any further questions.

Kind regards
Jeffrey Morgan



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THE LIFESTYLE PROGRAM

FREQUENTLY ASKED QUESTIONS

1. *What age groups is this for?*

The workshop is for anyone 13 years of age and above. The practical side is approximately 1/1.5 hour blocks therefore younger kids are not recommended to attend the workshop BUT can attend the workouts/mindset sessions or do the program outside the workshops.

2. *Is this an ongoing program?*

Yes the program is about creating a supportive community who are constantly being encouraged, educated, motivated and inspired to better quality of lives. The program is about returning every 3 months to ensure there is consistency behind the education.

3. What happens when you leave after the workshop?

We add everyone to the app, newsletter or private Facebook group to provide daily support, motivation and education. Live videos are done daily to create regularity in contact and answer any questions people may have. The app allows us to have an ongoing accountability to daily goals set by the individual.

4. *What are the costs?*

I prefer to think of it as an investment in our people's health & wellness to ultimately change the gap that currently sits between indigenous and non-indigenous people when it comes to life expectancy so doing whatever it takes to provide the community with someone who lives by what they are passing on is invaluable.

There is a daily investment plus (if necessary) flights, accommodation, car hire and fuel. The car hire is to scout training locations within the community to make the most out of when I leave. On the spot education around actual locations that are accessible is a major key to success and consistency.

Investments can be made for the year or paid one month before the workshop to secure the date.

5. *is the app easy to use?*

Yes, it is simple, reliable and a great tool to use for accountability. It includes workouts both gym/bodyweight, nutrition plans based around culture as the main guidelines, weekly educational focuses such as "eating out right", accountability tools and a supportive community hub to yarn away.

6. *What age groups can participate in the program?*

All ages groups BUT only 13 years and over in the workshops.





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7. Are the foods realistic?

The food structure is purely around culture but ensuring they're the leanest version of the recipe. The program was put together originally targeting the 3 major health issues in society 1. Cancer, 2. Heart disease & 3. Diabetes but also had a roll on effect for other illnesses and diseases.

Whether someone likes cooking or eating out the program is about educating people so they can structure healthy lifestyle practices around their own lives. This makes it relatable, realistic and sustainable.

8. Does the program cater for all fitness levels?

Yes from young kids through to the elders and the daily interactions will help evolve and give workouts that suit different levels of fitness.

The most important thing is about getting everyone moving based around their preferred choices so they like what they are doing.

9. Will the participants be able to talk to you when you leave the community?

Yes not only via social media but individually if necessary and via the weekly video conferences to ensure they have constant support.

10. Do you track the engagement/outcomes and results of all participant's to then create strategies and evolve the program so it has a far greater impact?

100% YES! After living what I am passing on for over 20 years I have consistently evolved the program and refined it based around the patterns of people during their journey towards a healthy lifestyle.

11. Who books the plane, accommodation, car hire etc?

The community group/organisation who is undertaking the workshop will make all bookings to save costs but also ensure the accommodation is close to where the workshop will be held.

12. What is needed to run the workshop?

I have everything in regards to projector, power cords, adapters, worksheets etc so we basically need a larger sized room anywhere that would best suit the community to deliver the workshop.

A table, jug, coffee & tea, plastic cups, cutlery (if food is provided), jugs for water.

I would recommend confirming numbers at least one week before the workshop to account for the chairs required.



The LIFESTYLE PROGRAM (ABN – 21 626 065 076)



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What is needed to run the workshop? (Continued)

Any parking suggestions should be included in the WORKSHOP INFORMATION SHEET that we send out to prevent people missing out on the start of each day.

Everyone's email and phone number from those that are attending so we can add them to the app before the workshop.

*A copy of the Receipt of payment one month prior to the workshop to confirm and secure a preferred date to allow us to prepare the logistics.

13. Can the HABITS & RITUALS program mould into another community project to cover both ideals in the one workshop?

Yes! Although the day workshops are 45 minute blocks which means they are shorter than the 2 day 1.5 hour workshop's and should be taking into consideration when trying to merge the two programs to achieve the one outcome, good health & wellbeing.

14. Is this a quick fix program?

NO. The LIFESTYLE PROGRAMS "HABITS & RITUALS" workshops are about helping create long term sustainable and realistic lifestyles based around each participant and therefore requires ongoing support.

15. What is the objective of the "HABITS & RITUALS" workshop?

To improve Aboriginal health issues and quality of life through education along with ongoing support from someone living what they are actually teaching using a proven results based system and most importantly using cultural practices to achieve the initiative.

Truly hope that this has helped although if you have any further questions please don't hesitate to contact me ASAP to discuss those in detail.

Kind regards
Jeffrey Morgan

