

# Give Health this Christmas!

If you're stuck on gift ideas and want a gift with a difference, look no further than a 180 Degrees Fitness Food and Health Gift Voucher.

Recipients can choose from a variety of products and services including:

- A holistic approach to Fitness training sessions catering for all levels and ages
- Foundation Workshops to dramatically improve mobility, flexibility and core strength
- Remedial massage
- Flexibility and mobility improving equipment
- Exercise Mats
- Functional Exercise equipment like swiss balls, medicine balls, foam rollers and balance enhancing items as well as instructional videos
- Organic and Health food groceries
- Health Books including cook books

*Give somebody you care about, or yourself, the kick-start needed for a healthier, quality of life!*



For details phone  
**1300 85 84 10**



*The perfect  
Christmas gift...*

For more information on the full range of products and services please call **1300 85 84 10** or visit the website **www.180degrees.com.au**