



■ Pascal and Nicole van Kan know that consistency and balance is the key to a happy, healthy family.

The guilt-free road to fitness

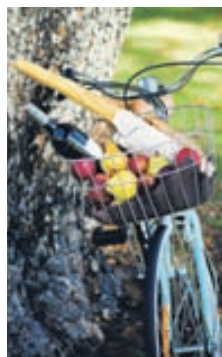
Life and business partners Nicole and Pascal van Kan are an unlikely team.

Pascal is a life-long sports fanatic with over 18 years in the fitness industry.

Nicole studied law and has worked in finance and publishing, but her biggest passions are food and cooking.

Luckily, they do have some things in common; a love for their two young children and for a healthy, well-rounded lifestyle.

Now the couple are sharing their philosophy with others in their Fitness for Foodies program, which combines their respective talents in an eight-week course offering fitness training, wholesome recipes and tips for a balanced lifestyle.



■ Food, wine and fun exercise are all part of the mix.

The program came out of discussions over Pascal's frustration with the "quick-fix" attitude of the health and fitness industry.

The couple wanted to let people know that consistency, not punishing diets

and exercise regimes, were the key to achieving long-term health.

"Life's to be enjoyed, so we want to take that guilt away and tell people they don't have to be utterly obsessed," Pascal said.

"Most of our clients have four things in common; a love of food, a love of wine, a love of travel and a love of coffee."

"This is all about getting people interested, not only in exercise but also in their own health, and making time for themselves."

The Fitness for Foodies program incorporates three optional outdoor training sessions per week, which Pascal runs at Kitchener Park in Subiaco, King's Park, City Beach and Lake Monger.

Nicole emails clients with

a weekly action plan and food and fitness templates, and sends out a newsletter with seasonal cooking and lifestyle ideas.

She said the social aspect of the training program was an added bonus.

"The vibe is really friendly," she said.

"We've got people who are baking muffins and bringing them along."

"I think it's a surprise to them when their fitness improves so much."

Equilibre is running a weekend getaway at Foragers farm-based cooking school in Pemberton on September 14.

The next eight-week Fitness for Foodies program starts on August 20 and costs \$139.

For more information, go to equilibre.com.au.



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