

8-Weeks to Strong - Build Your Stronger Self

If you're over 35 and noticing your strength slipping, your energy fading or your waistline doing its own thing, you're not alone. Most people don't realise they're running the same outdated habits they had ten years ago. Then one day they wake up tired, frustrated and wondering why nothing changes no matter how hard they push.

You deserve to feel powerful again. You deserve a body and mind you trust. And you don't need another "challenge". You need a system that actually works.

That's exactly what **8-Weeks to Strong** delivers. I teach you the ropes to take ownership of your health in a way that finally feels doable.

The promise

This is a high performance health experience for people who want to feel strong, capable and in control again. This is not another short-term fix. Across eight weeks, you'll rebuild strength, improve energy, sharpen your mindset and learn the habits that create real, sustainable momentum.

Most clients feel noticeable improvements in energy and strength within the first two weeks. You will feel physically stronger, mentally clearer and far more confident in your ability to lead your own wellbeing.

If you attend all coaching sessions and complete the weekly steps, you can expect measurable progress in energy, strength and routine consistency.

How the Program works

This program is delivered online, so you can join from anywhere. You'll get weekly coaching, a guided curriculum and 24/7 support through your Personal Lifestyle Assistant.

Training and routines are designed to fit into busy lives: you can get a lot of value from 30 minutes per session. You can train from home or a gym. Minimal equipment is needed and guidance is provided during onboarding. You will also receive a complimentary set of Vitalbands to get you underway.

If you want deeper accountability or technique support, you can upgrade with optional 1:1 coaching in strength, conditioning, boxing, nutrition or lifestyle advice.

How the Method works

1. Activation

We start the program with clarity. We establish your baseline, tighten the fundamentals and learn the routines that create early wins.

2. Build

Your personalised training program begins. You'll build muscle, improve conditioning and create discipline with your nutrition. Your resilience climbs.

3. Balance

We factor in hormones, energy rhythms and stress load so your training works with your body instead of against it. Mindset deepens into emotional regulation, confidence and leadership of your own wellbeing.

4. Integration

By now, you'll feel more grounded. Your routines feel natural as all four pillars of health are working together. You're stronger in your body, sharper in your mind, and far more capable of leading your own health without confusion or overwhelm.

All levels are welcome. Every step is scaled so you start at your level and progress safely.

What is the Personal Lifestyle Assistant?

Your Lifestyle Assistant gives daily guidance on training, nutrition and routines so you never feel lost or unsure of what to do. Imagine talking to me (Eske) and being able to access all my answers and opinions about anything health and wellbeing related. That is your Personal Lifestyle Assistant and it is available 24/7.

Beyond week 8

You can continue with a personalised second 8-week block based on your updated body composition scan, stress load and performance goals. The second 8-week block is available at a reduced rate.

Beyond that, the monthly membership supports long term momentum and accountability with weekly check-ins, masterclasses, guest speakers, and continual access to your Personal Lifestyle Assistant.

How you're supported

- Weekly online group coaching
- Structured curriculum
- 24/7 access to your Personal Lifestyle Assistant
- Nutrition and Training resources and recovery tools
- Optional 1:1 upgrades in strength, conditioning, boxing, nutrition or lifestyle (online or in person)

This program is designed for real life. Even if you fall behind, I guide you back on track without guilt or overwhelm.

Who this program is for

- People who want more than weight loss
- People who want to feel strong
- People who want a system they can maintain for life

Investment

Full price (January cohort only) \$599	Early bird (through December, only 10 available) \$449 Code: EARLYBIRD26	Early adopters (until 7 December, only 5 available) \$199 Code: EARLYADOPTER26
Add Ons:	Unlimited 1:1's	Each \$299
	3x 1:1's	Add \$799
	6x 1:1's	Add \$1499

January is the first cohort and it will never be this price again. Prices will increase for future rounds so this is genuinely your lowest investment point.

Spots are intentionally limited so every person gets real attention and real results. *If not now, then when?* If you're reading this and are feeling the spark of "I need this", trust it. This is your moment to step into 2026 feeling strong, supported and unstoppable.

Secure your place in the January intake before it fills. Your stronger self is waiting. You deserve to feel strong again, Eske-style.

When does it kick off?

Individual onboarding video calls will be conducted the week of 12th January and our first online group meeting will take place on Thursday 22nd January at 8pm. Our weekly group meetings will continue to



take place from 8-9pm on the following Thursdays. All sessions are recorded so you can watch anytime and as long as you continue to do the work, results will come.

Prior to our individual call I will ask you to organise to get a body scan completed and send it to me in this first week. I will provide all the details for providers who are offering discounts to those on this program!

Outside of these weekly commitments, you will of course be expected to invest time and effort into your own personal growth in this program. The more you put in, the more you get out!

Common concerns

Over the last 20 years I've heard every ~~excuse~~ reason in the book. "I'm too busy. I'm unfit. I lack motivation. It's not the right time...."

The result of improving our routines gradually over time, is actually gaining more energy. Which frees up time. More energy allows us to sleep better, eat better and feel amazing!

The only way to get fitter, is to dedicate time to improving our fitness. And I'm not talking hours every day. Quite the opposite. What you'll come to realise (and if you're like me, also enjoy) is that it's more about intensity and quality than it is about volume. Volume ruins our progress, which intensity and quality adds to our success.

Want some more proof?

One client of mine, reports

"Working with Eske has been invaluable to my health and well-being, because she took the time to fully assess where I was holistically. Eske then complied both a nutrition and exercise to help me gain muscle and lose fat which I have been doing successfully with her help. This training has had added mental and emotional benefits and I feel stronger in these areas of my life also. It works in the real world too not just in the gym...I can walk further, climb steps easier and I feel awesome for it. If you are looking for results in your health and well being whānau, I can absolutely recommend Eske!!" M.S.

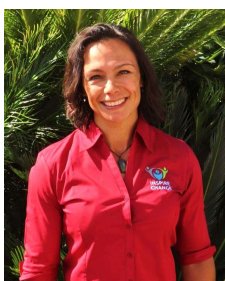
Another clients writes

"I would highly recommend working with Eske to anyone who is starting out their fitness journey, has been training for a while or is in recovery from an injury. She is incredibly kind and understanding and works with you to meet your body where it's at along with planning future goals. Even if the day has started out on the wrong foot, I am always smiling and feeling good about myself after finishing working with her." A.L.

Next step

Secure your place in the January intake today. There are limited places available!

www.inspirechange.nz/8-weeks-to-strong



Led by Eske Dost, Sport Nutritionist,
L3 strength and conditioning coach,
former High Performance Sport NZ
consultant, business owner and
retired athlete with over
20 years experience.



WWW.INSPIRECHANGE.NZ/
8-WEEKS-TO-STRONG

I understand that times are financially tough for some at the moment. If you change your mind after signing up you can withdraw 7 days prior to the event starting, and receive a full refund. After 12pm on 16th January, no refunds are offered due to the limited places available, but you may transfer your spot to another person before the start date.