



# 8-WEEKS TO STRONG

Build Your Stronger Self

Starts October  
2026

Receive your BONUS 1:1  
session - more details inside

# DON'T KNOW WHERE TO START, EXERCISE AND EATING INCONSISTENT?

**“You're brilliant at what you do. So why can't you get your health in order?”**

You've built a career. You've got family, relationships to care for. You've got ambition. But your exercise and eating plan is all over the place.

One week you're consistent, the next you've fallen off.

You know strength matters, and you know nutrition matters - and you're tired of conflicting advice.

You want to feel strong again, but you don't have time for complicated systems.

**This is why 8WTS exists. For those who need a framework that actually fits their life, not another generic programme.**





## WHAT IT IS

An 8 week group coaching programme covering the four pillars that drive lasting change:

- strength training,
- nutrition,
- recovery and
- mindset.

Each week builds on the last, so you are never guessing what to do next.

This means that you don't need to guess whether the foods you choose are the right ones. You don't need to guess if the training you do is going to set you up well for the future. You have certainty that what you're eating and drinking are not only good for your body, but good for your future. You have clarity that what you are doing is good for your energy, great for your body composition, and beneficial to your longevity.

On top of that, you don't do this alone. You are surrounded by likeminded people who are experiencing the same issues as you are right now. We support each other, we learn from each other, we travel this journey together - a natural accountability partner.

## THE FOUR PILLARS

# WHAT YOU'LL LEARN IN 8 WEEKS

*Four Pillars. One Stronger You.*



### STRENGTH

Build a training system  
you can actually follow.  
Master the movements  
that matter.  
Program like a pro.



### NUTRITION

Fuel your performance,  
not your habits.  
Simple targets.  
Real results.  
No guesswork.



### RECOVERY

Sleep better.  
Manage stress.  
Move intentionally.  
Recover like an athlete.



### MINDSET

Think like a performer.  
Build routines that stick.  
Make strength  
your identity.



STRONGER BODY



SHARPER MIND



MORE ENERGY



GREATER CONFIDENCE



## THIS IS FOR YOU IF...

- You are over 35 and notice that your body has changed,
- are finding it harder to carry your groceries, to keep up with family members, or are doubting whether to go on that weekend hike

## AND

- you want to exercise and eat with purpose



During this programme we build a structured system (rather than another generic plan to follow on your own) that gives you certainty, confidence and energy to do all the things you want to continue doing now, tomorrow, next month and in the next years.



## WHAT IT COVERS

- WEEKS 1 AND 2** Lay the foundation with strength and fitness, so that you start to notice changes straight away.
- WEEKS 3 AND 4** Cover nutrition fundamentals, portion guidance and exercise-specific fuelling, so you know what to eat and when without overthinking it.
- WEEKS 5 AND 6** Focus on recovery, sleep, stress and hormones, so your body responds - gets stronger and fitter - thanks to the work you are putting in.
- WEEKS 7 AND 8** Bring it all together with mindset practices that address your self-belief and self review strategies, so the changes stick well beyond week eight.

We know how often programmes are built for the time people are in them, and after it ends clients often slip back to their old habits. This programme is shaped for real life, allowing you to continue seeing results long after it has finished.

# THE RESULTS

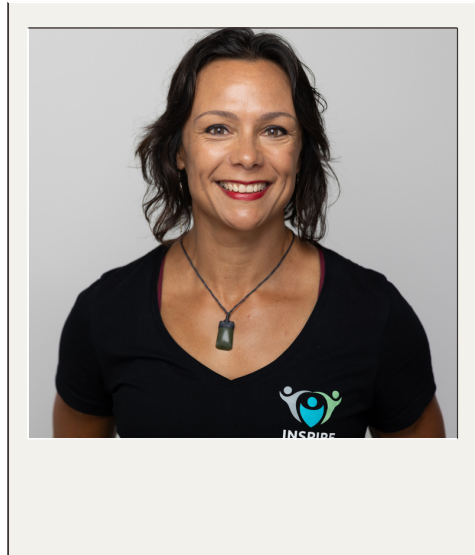
By the end of the programme, you will have a personalised training and nutrition system that you understand and can rely on, measurable progress in strength and energy, and the structure to keep going without relying on motivation alone.

You understand what's going on with the hormones in your body - and how to change your approach to how you exercise and how you eat.

You set yourself up for years to come - stronger, fitter and with more clarity.



**The next cohort starts 27<sup>th</sup> October, with limited spots to keep the group genuinely supportive. Registrations close on 20<sup>th</sup> October.**



## ALSO AS PART OF THIS PROGRAMME, YOU GET:

- Two 45min **1:1 sessions** with me, which you can book in at any time during the programme, and up to 4 weeks after the programme ends.
- We measure your **body composition** - the muscle mass and fat mass that your body is made up of - at the start and end of the programme, to demonstrate what is possible with the lifestyle changes you make.
- Our own **Whatsapp group** for regular updates and community support, creating more motivation and accountability.
- Nearing the end of the 8 weeks, there will be an opportunity to be invited into my **Pro Coaching** community group - exclusively for those who have completed 8-Weeks to Strong previously.

# CLIENT TESTIMONIALS

8-Weeks to Strong has been a real reset for me after a long break away from exercise due to health issues. If you're over 35 and wanting structured, compassionate support to get back on track, I can't recommend this enough.

Eske created a genuinely safe, non judgemental environment - both in one on one interactions and in our weekly group sessions. There was never any pressure or comparison, just encouragement and space to work at your own pace.

The balance between personal reflection and the educational content each week helped me understand my habits not push through them. If you want a structured yet gentle reintroduction to health and well-being, this programme offers a thoughtful, holistic approach that really works. - Vee O.

The 8 Weeks to Strong program is a game-changer.

Eske is absolutely brilliant at making health and wellbeing feel manageable and actionable. I came into the program thinking I already knew the wellness space quite deeply, but I was surprised by how much I still had to learn!

It provided the perfect 'tracks to run on' with so many golden tips. It's simple, effective, and—most importantly—not overwhelming. It truly felt like a software update for my personal health. If you need to get back on track, this is it. - Britt. M.

# MEET LISA

Lisa (who's now in my pro coaching group). When she started 8-Weeks to Strong in January this year, she felt tired and wasn't getting the results she wanted from her almost daily workouts - strength and boxing training for an upcoming competition.

After measuring and assessing her body composition, adding more focused strength training and increasing what she was eating during the day and specifically around her workouts, she gained 2.4kg of lean mass and lost 2.7kg of fat mass. She actually wasn't eating enough!

## Lisa's feedback:

*"The changes I've experienced go far beyond the physical. Yes, I look better and feel stronger, but the biggest difference has been in my overall well-being. I have more energy, I feel more balanced, and for the first time in a long time, I feel genuinely positive about my health and my habits. Eske's encouragement, knowledge, and kindness have made such a huge impact."*



# YOUR INVESTMENT

Spots are intentionally limited so everyone gets real attention and real results.

**Value of everything included**

**\$2,057**

If you're reading this and are feeling the pull of "I need this", trust it.

**If not now, then when?**

**\$999  
Upfront**

**This is your moment.** Step into the version of you that feels strong, supported, and unstoppable.

**or \$130 weekly  
over 8 weeks**

Secure your place in the October cohort  
before it fills.

**Your stronger self is waiting.** You deserve  
to feel strong again.

## STARTS 27th October

**\*sign ups close 20th Oct.**

### BONUS

**Additional 45min 1:1 online coaching session**  
when signed up and paid by 1st October

### Upgrades: Online coaching

1x 1:1 45min \$149

3x 1:1 45min \$329

# BONUS



## FIVE MORE REASONS WHY

### **Bonus #1**

**Two Strong Start Kick off sessions (Free).** Two private 1:1 strategy sessions (45min) with Eske at the start of the programme and in the middle or end, so that you know exactly what you're working on and why (valued at \$149).

### **Bonus #2**

**The 35+ Energy Reset Guide (Free).** A done for you quick-start guide covering the non-negotiables when stabilising energy fast - sleep, hydration, movement, nutrition timing and stress regulation. Implementable in 48 hours (valued at \$49).

### **Bonus #3**

**Weekly Live Check-in Calls (Free).** Every week for 8 weeks, a live group accountability call with Eske. Not a lecture, a real conversation. Ask questions, stay accountable, get unstuck (valued at \$472).

# BONUS



## FIVE MORE REASONS WHY

### Bonus #4

**Two body composition scan assessments** (*Free*).

A before and after body composition scan assessment to demonstrate the improvements your body has made from the improvements in exercise and nutrition (valued at \$239).

### Bonus #5

**Sign up before 1<sup>st</sup> October** and receive a bonus 45min 1:1 session with Eske.

Receive personalised lifestyle, strength, nutrition coaching for you, and only for you.

**Feel the difference in 2 weeks or we'll make it right.** If after the first 2 weeks you don't feel more energised, more in control and more confident in your routine - reach out and I will personally work with you to adjust your approach. This is my promise to commit to *your* results.

# YOUR COACH, ESKE DOST

30 years competitive athlete. Coach. Business owner. I get your world.

I know what it takes to perform at the highest level having been doing it for nearly three decades. As a competitive athlete, Level 3 Strength & Conditioning coach, and former High Performance Sport NZ Nutritionist, I am now coaching business owners, athletes, and high performers just like you.

I built 8 Weeks to Strong because I was tired of watching ambitious people struggle with the basics.

*“You don't need perfection, you need a system you've built and understand in order for it to work for you”.*

- Former High Performance Sport NZ nutritionist
- Business owner and retired athlete with over 20 years' experience
- L3 Strength and Conditioning coach
- Bachelor of Sport & Exercise Science
- Postgraduate Certificate in Sport Nutrition
- Postgraduate Diploma in Business



**Eske Dost**  
Health & Wellbeing Coach

# HOW YOU'RE SUPPORTED



Nutrition and Training resources and recovery tools

24/7 access to your Whatsapp group

Weekly online group coaching

Structured curriculum

Two 45min 1:1 sessions with Eske

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



# TERMS AND CONDITIONS

## **Do you offer a refund?**

If you change your mind after signing up, you can withdraw 7 days prior to the event starting and receive a full refund. With less than 7 days prior, no refunds are offered due to the limited places available and work having been undertaken so far.

## **Can I pay in instalments?**

I understand that times are financially tough for some at the moment. Paying in instalments is possible weekly, fortnightly or monthly and will amount to \$1049 in total. Please talk to Eske about the possibilities.

## **If I have a 1:1 booked, how do I reschedule?**

If we have a 1:1 session booked I ask that you provide at least 24 hours' notice if you wish to reschedule. You can easily reschedule through the confirmation that is sent to your email address. With less than 24 hours notice, rescheduling is only provided under certain circumstances.