This is the journey of a



Game changers are people who introduce new practices to their organizations. They want inspire others to co-create and innovate together.

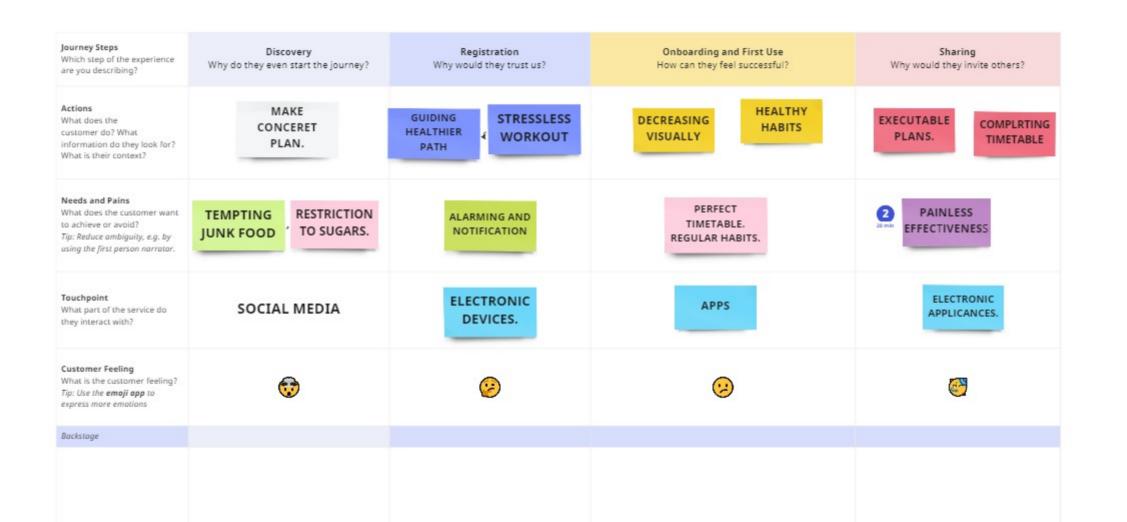
What are their key goals and needs?

 EATS VARIED, COLOURFUL, NUTRITIONALLY DENSE FOODS.

2.ENGAGE IN REGILAR PHYSICAL ACTIVITY
AND EXERCISE.

3.EAT MINDFULLY.

4.PLAN AHEAD.



What changes for them?

Outcome

Describe how the life and environment of the customer changes once they used the product or service.

What are they able to do now?

1.IMPROVEMENT IN BLOOD PRESSURE.

2.BLOOD CIRCULATIONS...

3.BLOOD SUGAR LEVELS.

