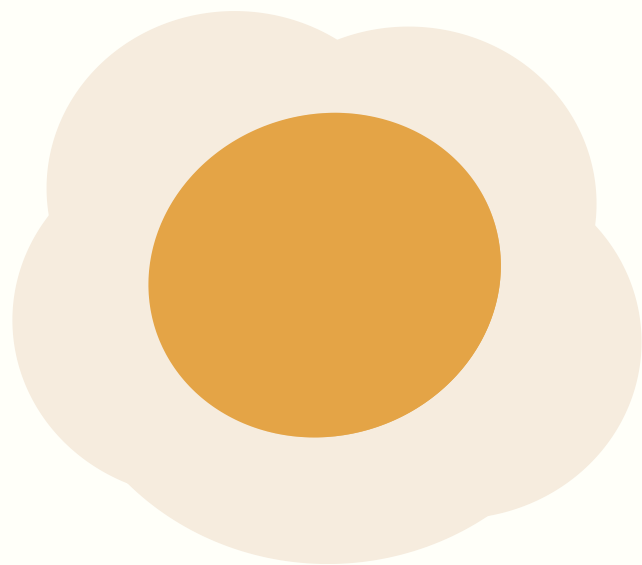


mmacht.
health & healing



HAPPY DAYS

A 28-day **micro program** to help you build healthy **habits**, create **consistency**, and understand how to **nourish** your body, mind & soul **effortlessly**.

*No strict meal plans or weekly check ins,
just daily bite-sized tools and gentle, carefree interaction.
Sounds dreamy, right? Here's how it works:*

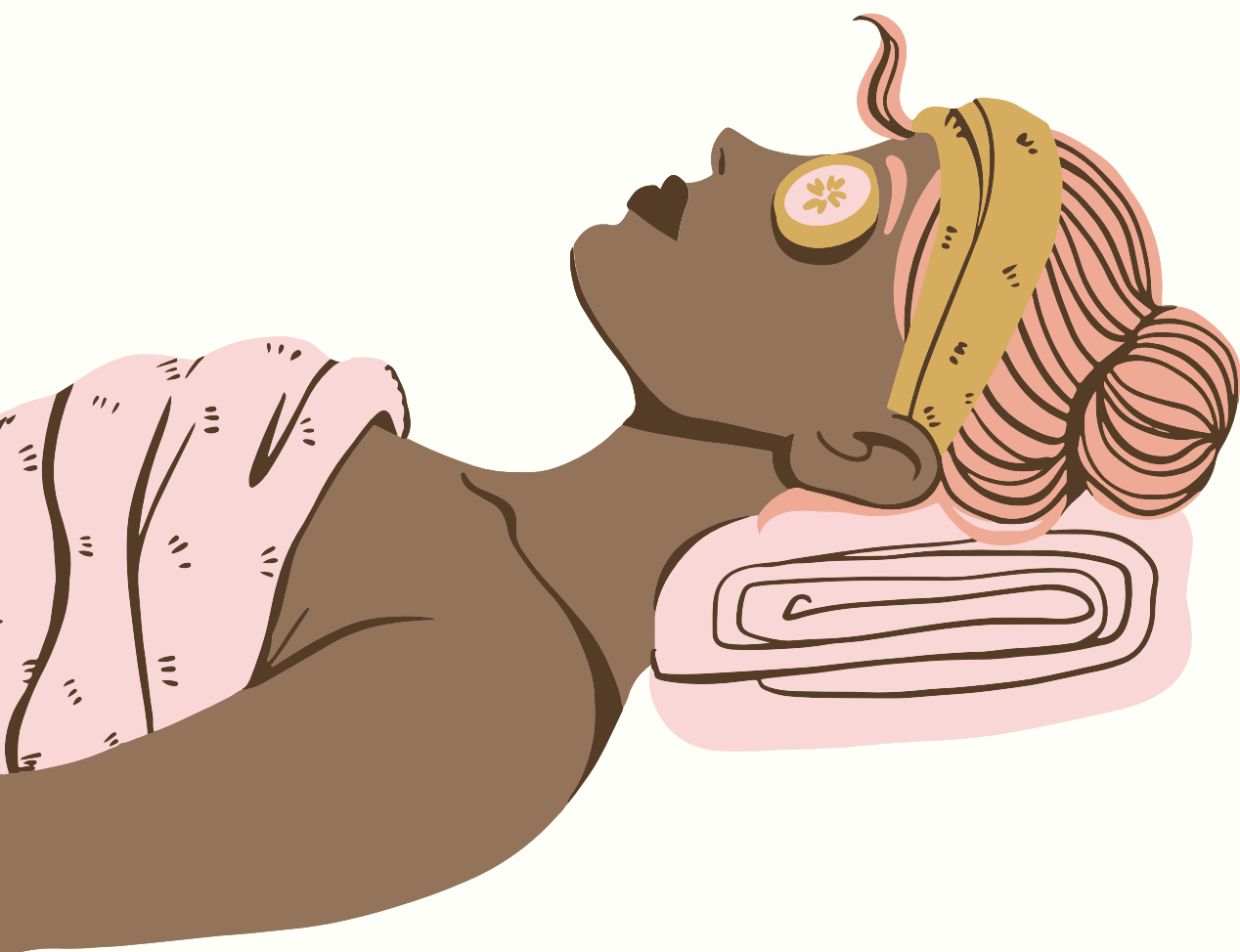


A GENTLE APPROACH

This program is designed to **guide you gently** toward a healthier, more balanced lifestyle without rigid structures, strict meal plans, or overwhelming check-ins. Instead, you'll receive daily bite-sized tools and mindful interactions to help you make sustainable, intuitive choices for your well-being.

You will receive a digital program package which includes a habit schedule & tracker (*as well as many other valuable resources*). This provides you with a clear outline of when to introduce each habit, and what to focus on each day. **Slow and steady wins the race.**

All you need to do is aim to incorporate these daily micro-habits, then check in with Meike when you can.



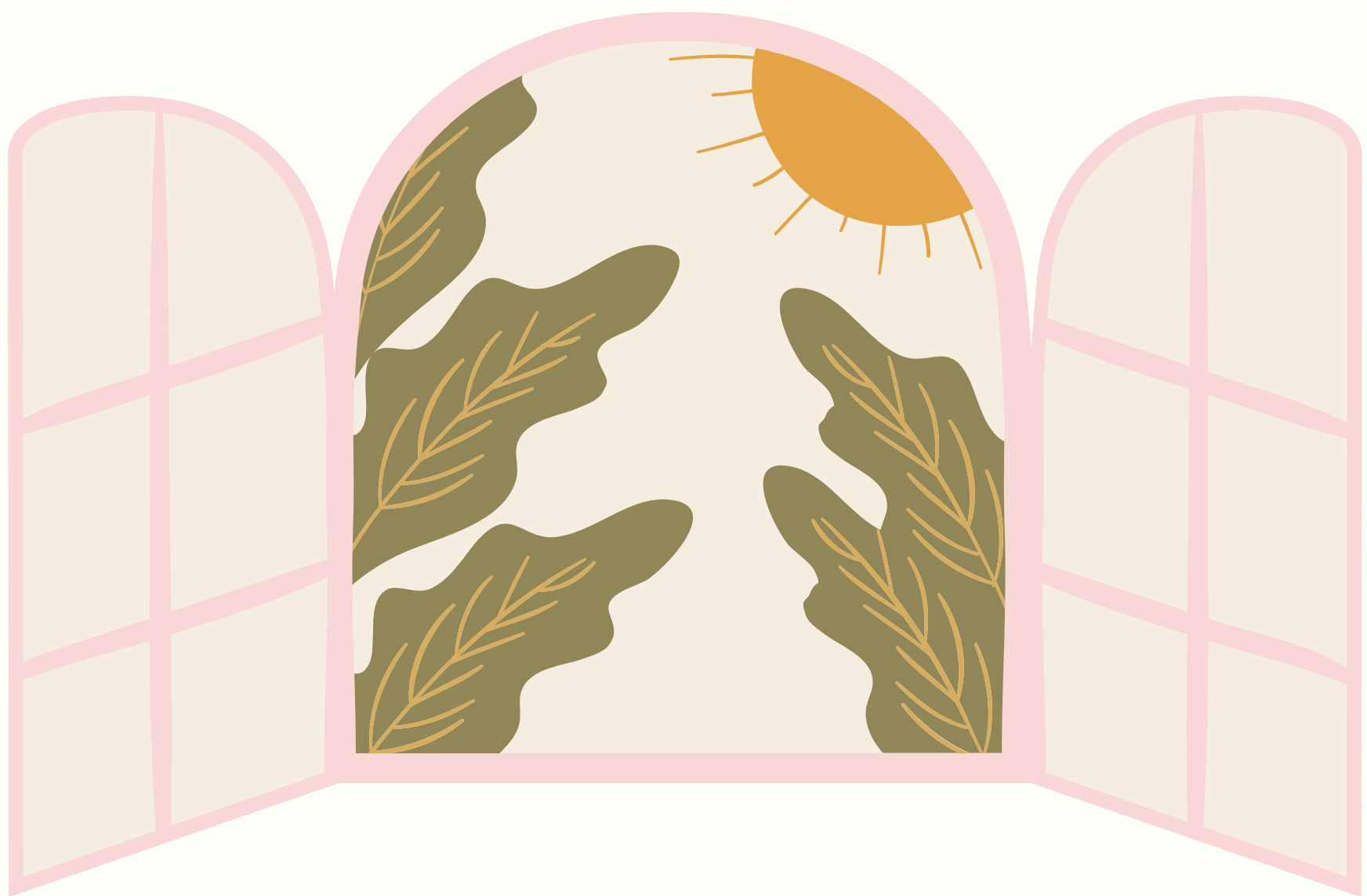
SYNC, ALIGN & BALANCE

Hormones rule us, and we rule the world, so it's very important that we balance these "bosses" in our bodies. We

do this by stabilising blood sugar levels and syncing our circadian rhythms, while doing everything in our power (*and yes, we have all the power*) to support our mitochondria.

Bonus: all of this also has anti-ageing benefits!

Do you really need any more convincing?



STAY HYDRATED

Of course we all know how important it is to drink our daily water goal, but it's not an easy feat for many of us.

By the end of this program, you'll be the queen of all water goals, having learnt smart ways to simplify this overwhelming, yet incredibly beneficial, task and **make it work for you!**



NOURISH YOUR BODY

This is really what it's all about and why you're my biggest fan, am I right?

We all want to eat wholesome, nutritious meals that fuel our bodies, but where to even begin with so much conflicting information out there!

By sending me a photo of everything you're eating just once per day, I will be able to give you insightful feedback on how to improve and elevate your meals.

This will help you reach your goals while continuing to eat as you have been, and without having to follow a meal plan. As long as you keep applying all the snippets of learning, you'll continue to transform your body and mind.

This special coaching approach also makes it possible for anyone with any goals to join this program.

**Remember,
self-care
includes
what you feed
yourself.**





SHAKE YO BOOTY

Wild workouts are so overrated, and all you have to do is bring loving movement into your life, slowly. The gains goals can wait until you have built that beautiful self-discipline.

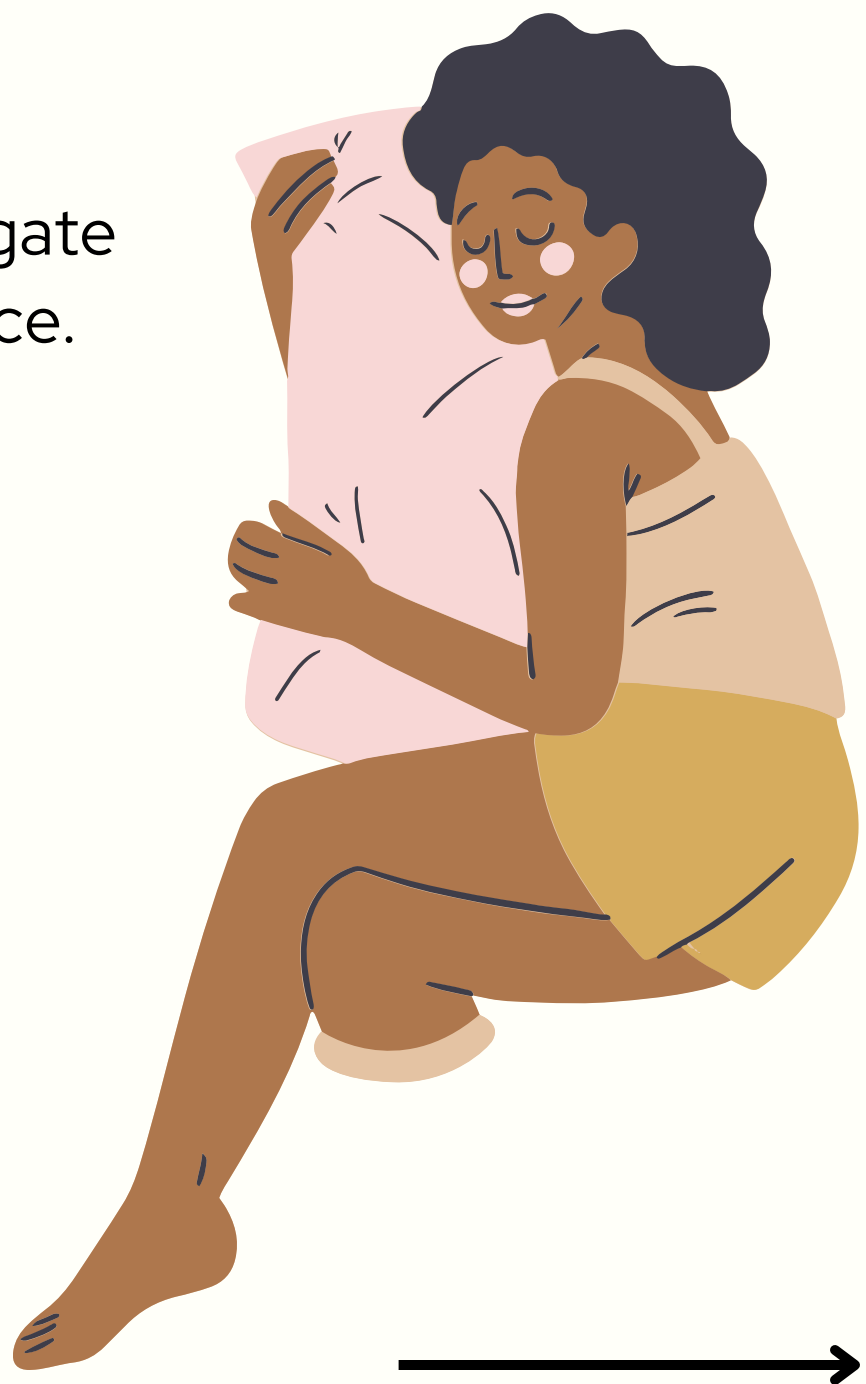
You will receive daily steps goals, as well as other fun (*and short, and easy*) mindful movement suggestions to help you comfortably build a happy relationship with exercise.



UNPLUG, RECHARGE & GO WITHIN

Life is way too fast-paced (*and becoming increasingly so*). Incorporating mindfulness is crucial for stress management – ain't nobody got time for burnout, chronic fatigue, brain fog, anxiety, sluggish digestion, or low libido.

In this life-changing program, you will learn tiny ways to make a **big positive impact on how you feel** as you navigate these crazy waves of existence.



CONNECT

My approach to nutrition, health, wellness, and mindfulness coaching has always been **deeply personalised**, however I do understand that an intense program can be just a little too much for many of us.

Therefore, I have simplified it all in this mini-container, but checking in with me once per day will ultimately support you the most on your journey.

All you have to do is send me one *whatsapp* or *telegram* message daily with photos of your meals, and a little update on your habits tracked, and movement goals completed.

I will also be available to you for all waking parts of the entire 28 days, and I encourage you to **engage with me as much as you like**, asking questions and sharing feedback on how you're doing and what you need help with.

Interaction and sharing knowledge is what I'm really good at, and why over a thousand woman have **achieved confidence, clarity, and connection** within their bodies, minds and souls, through working with me.





READY? LET'S GO!

A RECAP

No strict plans, just **gentle guidance** – a daily nudge toward better habits.

1:1 carefree interaction – daily feedback & **encouragement without pressure**.

Focus on ease & flow – no overwhelming changes, just small, **sustainable shifts**.

Simple, **effective tools** – hydration, nutrition, movement, and rest all in balance.

You get daily 1:1 coaching at your convenience, as well as digital resources including a habit & movement schedule, tracking document, plate builder with in-depth nutritional guidance, hormone and blood sugar balancing information, and so much more.

By the end of 28 days, you'll feel more connected to your body, more in tune with your needs, and empowered to make effortless, nourishing choices every day.

CAN'T WAIT TO GET STARTED?

It's recommended to start this program on a **Sunday** (sign up at least one day before).

You can purchase the program directly online (*available worldwide*) at www.mmacht.com/happy-days or send a message to Meike with your full **name**, **e-mail** address, and whatsapp **number** to receive an **invoice** in order to make **payment** via EFT (*Namibian bank accounts*).

Receive the full digital program package and **prepare for lift off!**





YOUR CONTRIBUTION

DIGITAL PROGRAM PACKAGE with printable resources
N\$900 or *EURO 50*

OPTIONAL ADD ONS

+ N\$450 or €25 for a **personalised meal plan** suited to your unique body, goals, medical or hormonal conditions, dietary preferences & restrictions

+ N\$300 or €20 for 3x **progress check ins** & feedback from Meike

GET IN TOUCH

with Meike via Whatsapp or Telegram **+264 81 22 77 275**

or e-mail **info@mmacht.com**

or send a DM via Instagram **@mmacht.bymeike**

www.mmacht.com/happy-days