



TASTING FITNESS



Tasting Fitness empower young people about healthier food choices by simplifying cooking and making it fun. Founder Kate Coleman is passionate about reducing the amount of packaged food we eat, leading to the launch of the No Packet November movement.

Tasting Fitness offer healthy living workshops where kids get excited about real food and exercise. Students are involved in the cooking process from garden to table, and enjoy tasting their own simple and nutritious creations that can be easily replicated at home. A busy mother of 3 young children, Kate is on a mission to improve the health of the next generation and the environment through No Packet November, where participants are encouraged to eat fresh, whole foods and reduce packaged items.

HIGHLY EXPERIENCED

Tasting Fitness has presented at various education, community and sporting clubs. Kate has motivated staff and students from:

- Kangaroo Flat Primary School
- Murrumbeena Primary School
- Woodend Early Learning Centre
- Steps Performing Arts
- The Field Trip
- Galilee Catholic Regional School
- Signature Cheer & Dance



This program is engaging and educational and more relevant than ever: students are so keen to learn healthy cooking, and even more thrilled when they discover how easy, and tasty, it is to do themselves. Integrating exercise into the lessons made them fun."
Sam B - School Teacher



SPEAKING TOPICS INCLUDE

No Packet November

How you can join the movement

Creative Cooking & Confidence

From novice to expert in 2 hours

Sustainable Eating & Exercise

Where to start, how to support local

How To Get your Kids Eating Vegetables

Tips & Tricks. Become an Expert!!!

AS SEEN ON



“Kate Coleman is a woman on a health-food mission. She’s adamant that it only takes 10 minutes to cook a healthy meal. Kate’s got a slew of ambassadors on board (and even shot a video with Tim Robards to promote the cause), and is proof that persistence – and passion – pays off.”

Lucy Cheek | Business Chicks, on the No Packet November movement

“No Packet November is also reaching remote Indigenous communities, with money raised being donated to the Mai Wiru Sugar Challenge Foundation.”

Jo Hartley | SBS Life

PRICING & BOOKINGS

Seminars: from \$550 (1 hr) // Workshops: from \$850 (2 hrs) - Plus travel expenses where required.

To discuss booking Tasting Fitness please call 0404 205 144 or email kate@tastingfitness.com. Visit www.tastingfitness.com or www.nopacketnovember.com for more details. You can find us on Facebook and Instagram