

# Horizon Lifestyle

## Model Training

Everyone will have an opinion on your job, and assume things about your health and lifestyle. Being in model shape year-round requires an athletes mindset. Willpower, determination, discipline. At Horizon Lifestyle we have a tailor-made approach for your behind-the-scenes life that encompasses 95% of the model life.

Introducing evidence and reverse-bodybuilding to an industry where models are still told they can't have carbs or fruit because they'd gain weight. "Walk 3 hours a day" .. we've heard it all, and can't wait to give you a better approach.

## What's in it for you?

**1. Healthy weight loss or gain for the catwalk. Centimeters, not kilos.**

**2. Horizon Lifestyle**

**3. Sleep advice**

**4. Nutrition**


**5. 24/7 Contact, support and coaching.**

De copy is een opgave, maar die kan ik nog veranderen in wordpress.



→ Contact

# Athlete Program

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- If you're ultra serious about a lifestyle change you can opt to Train like an Athlete at Horizon for a period of time (or the rest of your life.) We'll give you the real stuff, everything optimal.
  - Even if you love training and want to optimise, we'd love to help you.
  - Contact us to get to know our Powerlifting and Bodybuilding teams.
  - (We have a beautiful Women's Powerlifting team in the making!)
  - Mens powerlifting team TBA.
  - We also advise high-level athletes from cricket to tennis in hypertrophy, body recomposition, muscle maintenance through injury, and more.



[Contact us](#)