

Welcome to the Prime Living Plan – Yours for LIFE!

Developed personally by Pilates Educator, Louise Knoop, while preparing her own body for an international Pilates workshop, the Prime Living Plan offers an accessible way of living, eating and being.

Based on the latest Movement (Contemporary Pilates and traditional Tai Chi principles), Performance (High Intensity Conditioning) and Nutritional research (High Fat, Low Carb inspired by the recently released documentary, Cereal Killers, featuring Professor Tim Noakes), the Prime Living Plan is for those questioning “what really works?!”.

In 8 life-changing weeks the Prime Living Plan will:

- Teach you to enjoy and need food the way we're supposed to
- Make you STRONG, the new skinny!
- Turn you into an energetic, fat burning system
- Keep your joints injury free
- Take away the guilt of incessant, ineffective, lengthy exercise... you'll hike, run, walk, dance **because you want to**, not to lose weight!

3 weekly sessions will include:

- Pilates for inner strength, mobility & stability
- Safe and effective high intensity intermittent training
– just 4 minutes of sweating every second day
- Functional movement harmonizing neuromuscular pathways leading to healthier posture and even decision-making!

PRE-REQUISITE FOR ATTENDANCE	INVESTMENT	ADDITIONAL ADD-ONS WITH PLP MEDICAL PROFESSIONAL
<p>2 x consultations with PLP Medical Doctor including:</p> <ul style="list-style-type: none">1 x Updated Cholesterol Test1 x Kidney Function Test <p>(This is an additional cost. Please enquire further regarding fees as medical aid rates apply.)</p>	<p>R6,000</p> <ul style="list-style-type: none">1 x Private session with your PLP Coach3 x Weekly Movement Sessions for 8 weeks1 x Field Trip with your PLP Coach: Learn How to Shop!Prime Living Plan WorkbookAccess to PLP Exclusive Group Online Support ForumAccess to PLP's selected Medical Professionals	<ul style="list-style-type: none">Basic Blood TestsComprehensive Blood TestsDNA Testing & AnalysisFollow up Medical ConsultationDietician ConsultationDiabetes Consultation(Medical Aid rates apply)

Contact info@primelivingplan.com for registration information.

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Meet Louise Knoop - Founder of PrimeLivingPlan.com

Yours for LIFE!



Welcome to *Prime Living Plan!*

As a Capetonian South African Mover, my commitment to physical expression, anatomy and applied psychology has guided and formed me throughout my life and my career. My passion is to progress knowledge by sharing my own through 2 unique movement and lifestyle pathways - Prime Movement & Prime Living Plan.

A career that began teaching dance after school hours at age 15, followed by studies of self discovery & development, led to an apprenticeship under Gordon Thomson in London in 1998. Which evolved into my present role as an international Pilates presenter. Having experienced people, places, food and movement on

4 continents, I can, without hesitation, state that everything I profess to know I have learnt through moving, feeling and being.

Since 1999 when the UK based company, Body Control Pilates followed me home to South Africa, I have trained hundreds of Pilates teachers and developed a thriving community across the continent of Africa.

In my present role as Chairperson of the US organisation, The Pilates Method Alliance – Southern Africa Chapter - this commitment to progress and excellence in movement continues.

Navigating my own physical path to optimal health has been equally informative, challenging and possibly even more rewarding - overcoming a rare childhood disease and an old dancing injury (with chronic inflammatory complications) altered my perception of exercise, nutrition and mindfulness which ultimately lead to my developing the Prime Living Plan.

Yes I love to move but I don't really like exercise, per se. Hunger, energy dips and flare ups in my knee were constant companions but the principles of the Prime Living Plan have restored my internal harmony and the concept of 'vitality' now has a whole new meaning!

The Prime Living Plan is a way of Being that makes me FEEL good and therefore LOOK good!

I am passionate to share it with you.

Once you begin, it will be *Yours for LIFE!*

Louise