



*Sally Zalzali*

**WEIGHT WELL  
TRANSFORM**

**SALLY'S STATION**  
Health, Fitness & More

**WWW.SALLY-STATION.COM**



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# WELCOME TO SALLY'S STATION INSTITUTE



Hello, I'm Sally, founder of Sally's Station Institute, where your health, wellness, and vibrant journey into motherhood begins. I believe every woman has an inner strength and a unique story. My mission? To help you discover and embrace yours while celebrating your individual strength and beauty.

As a seasoned public health professional, canadian certified birth doula, internationally recognised pre and post - natal fitness expert, nutritionist, and a devoted advocate for women's wellness, I've encountered the diverse needs and aspirations of women at different stages of their lives. Whether it's navigating the trials of pregnancy, embracing the challenges of motherhood, or simply seeking a healthier, more fulfilling lifestyle, I'm here to guide and support you.

Sally's Station is more than just a wellness center; it's a haven of empowerment and community. Here, you'll find personalized programs tailored to your specific needs, and a welcoming and supportive community of like-minded women. From addressing hormonal imbalances and PCOS management to providing comprehensive prenatal care and supporting postpartum recovery, our doors are open to you.

So, whether you're stepping into the world of motherhood, looking to reclaim your health, or seeking a community that uplifts and motivates, you've found your place here at Sally's Station.

*Sally Zalzali*

**FOUNDER, SALLY'S STATION**



# ABOUT US

Our expertise spans fitness, nutrition, and maternal health, encompassing prenatal and postnatal care, birth preparation, and doula support. Our team, led by Sally, is passionate about delivering tailored, effective solutions. We believe in nurturing not just physical health but also the emotional well-being of our clients, empowering women to live their healthiest lives.





# MISSION

Our mission is to inspire, nurture, and revolutionize the way women experience fitness, nutrition, and maternal health. At Sally's Station Institute, we ignite a transformative journey towards optimal health and wellness, exclusively tailored for every woman.



# VISION

To be the world's most trusted and innovative health and wellness brand for women, revolutionizing the approach to fitness and maternal health. We envision a future where every woman is equipped with the knowledge, support, and resources to lead a healthy, fulfilling life, regardless of her life stage.



# OUR GOALS



## **Become a Leading Authority**

Establish Sally Station Institute as the foremost expert in women's health and wellness, especially for pregnancy and post-partum care.



## **Innovative Solutions**

Continually develop and offer groundbreaking, research-backed health and wellness programs.



## **Community Building**

Create a supportive, engaged community where women can share experiences and learn from each other.



## **Brand Recognition**

Achieve widespread recognition and positive reputation for exceptional service, results, and client care.



# CORE VALUES

## **Integrity and Honesty**

Upholding the highest standards of ethical practice and transparent communication.

## **Compassion and Care**

Providing personalized, empathetic support tailored to each woman's unique needs.

## **Innovation and Excellence**

Continuously striving for improvement and cutting-edge solutions in health and wellness.

## **Inclusivity**

Welcoming and supporting all women, respecting their diverse experiences and challenges.





*"In nurturing our well-being, we cultivate the power to embrace every stage of life, from the miraculous journey of motherhood to the unwavering strength that lies within. Together, let's redefine wellness, empower one another, and inspire a legacy of vibrant, thriving women."*

*Sally Zalzali*





# WHY CHOOSE SALLY'S STATION?

## **Expertise and Experience**

Led by Sally Zalzali, a seasoned professional in fitness, nutrition and breastfeeding.

## **Customized Care**

Unique, personalized approach to each client's health and wellness journey.

## **Proven Results**

Track record of helping women achieve their health goals, especially during and after pregnancy.

## **Trust and Transparency**

Committed to honest, open communication and ethical practices.



# TESTIMONIALS







# TESTIMONIALS

Hello sally, I just want to thank you a lot for all your effort, the results are amazing literally! After literally a year of trying to lose weight alone, you made it all possible in 6 weeks ! And am glad to tell you that the diet plan became a lifestyle and not just a plan, and the exercise plans made me feel so powerful! I used to hate working out, now I can't wait for gym time and hate rest days! The results are quite insane almost 5 kgs of fat loss after not being able to lose a single kg in a month and thought that it was impossible when in PCOS!

6:52 PM



يعني انا قدي كنت بحلم ارجع شوف وزني بال ٥٠ ما بخيرك بجد بعد ٤ اولاد قلت مستحيل ارجع شو حالي بال ٥٠ كنت فاقدة الأمل!... بس بجد ولا حسيت بتعب معك ابدا ولا حسيت اني ب دايت و كنت مرتاحة كتير و عم آكل شو ما بدي حتى صرت اذا ما بعمل رياضة بحس حالي شي ناقصي! غيتيلي روتين حياتي بجد و حققتيلي حلمي صير شوف وزني بال خمسينات 🥹🥹🥹🥹  
love u ktr 🥹🥹🥹🥹  
😊😊❤️❤️❤️❤️❤️❤️❤️❤️

6:29 PM

Ana wazne ken 68.9 8:23 pm

Lyum esto with period plus ekle knt toli3 65.9 8:23 pm

I'm pretty sure after period ra7 kun a2al 8:24 pm

You may celebrate this 😍😍 8:24 pm

Bde e5beta bwejja lal dietitian w ella 3m ekol 1800 cal w d3ufet 3 kilos 😂😂 8:24 pm

No wayyyy 🐾🐾🐾 11:02 pm ✓✓

You tell her! 11:02 pm ✓✓

Shefte, low calories are never the answer. Plus, expect that very soon we'll be increasing your caloric intake 🙏 11:02 pm ✓✓

Hi Sally

Hope you are doing great dear!

I just want to tell you that it's been 12 days now I am following your diet plan, I still did not weigh myself but I have noticed that my cravings for sugar have decreased a lot!! I do not feel the urge to eat sugar as I used to! And believe me I was a sugar addict so this is an achievement for me! Also, I feel really full after my meals especially after lunch! I feel that I am not consuming carbs as much as I used to because I feel really full! I am really happy with these changes in my lifestyle and I look forward to see the change in sizes during our follow up meeting ❤️❤️❤️

3:25 pm





# WEIGHT WELL TRANSFORM

Introducing WeightWell, your path to sustainable weight management and holistic well-being. Our comprehensive program combines personalized nutrition plans, individualized fitness regimens, and expert guidance to empower you on your weight loss journey. Experience the benefits of a balanced and tailored approach, fostering not just weight loss but long-term health and vitality.



# WEIGHT WELL TRANSFORM

## Key Features

1. **Personalized Nutritional Plan:** In-depth nutritional assessment to understand individual needs and preferences.
2. **Individualized Fitness Regimen:** Personalized workout routines tailored to individual fitness levels, goals, and preferences.
3. **Behavioral Coaching and Mindfulness:** Mindfulness techniques to cultivate a positive relationship with food and promote long-term behavior change.

## Benefits

1. **Healthy, Sustainable Weight Loss:** Achieve weight loss through a balanced and sustainable approach to nutrition and fitness.
2. **Individualized Approach:** Receive personalized guidance based on individual needs, preferences, and health considerations.
3. **Improved Fitness and Energy Levels:** Enhance overall fitness with a well-rounded exercise program.
4. **Long-Term Behavior Change:** Cultivate a positive mindset and develop skills to overcome obstacles on the journey to lasting change.





*"Embrace your body's power and potential - it's the greatest instrument you'll ever own. In health, as in life, the harmony we create within resonates beautifully in the world around us."*

*Sally Zalzali*





# CONTACT



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