

WHAT IS A HEALTH COACH?

IT'S THE **DIFFERENCE** BETWEEN
FALLING OFF THE WAGON
- AGAIN- AND FINALLY GETTING THE

**RESULTS
YOU WANT**

THE **DIFFERENCE** BETWEEN
FEELING ALONE AND FEELING
supported



The **best gift** you could
ever give your body,
mind & soul

SOMEONE WHO
STRETCHES
YOU TO ACHIEVE GOALS
YOU NEVER DREAMED
WERE POSSIBLE

The difference
between knowing
something & **doing it**



The difference between
I want to do it &

I DID IT

Part cheerleader,
part **tough love** coach

A MASTER OF
**HABIT
CHANGE**

AND A STUDENT OF LIFE

HOLDS YOUR HAND
THROUGH HEALING
**WITHOUT MAKING YOU
FEEL SMALL**



HELPS YOU FIND
WHAT'S RIGHT FOR YOUR
UNIQUE BODY

Helps you
feed
the opportunities &
starve
the problems

*Slows you down
to the speed of life*

Solves your
problems
by loosening
their **grip**

Is *willing*
most to say to you what
most people won't

CAUSES YOU TO SEE
LIFE
THROUGH FRESH EYES

Supports you to have
the body you want and
the **healthy lifestyle**
that supports it.

MAKES IT EASY TO
FOLLOW-THROUGH
WITH WHAT YOU ALREADY
KNOW YOU SHOULD BE DOING

Helps you **build** healthy
habits that align with how
you want to feel every day



REVOLUTIONARY
LEADER
WHO GROWS AND PROCREATES
WELL-BEING

..... A HEALTH COACH IS
THE BEST INVESTMENT YOU COULD MAKE IN YOURSELF... AND IT LASTS A LIFETIME.