

## Services

Health Coaching -

We all know what you REALLY want!

You want that cutting edge to win your race, or at least come in at your own personal best time!

You just want incredible health, to look great, feel great.... all without effort.

You want to wake up tomorrow looking like your dream image.

One of my clients is always asking me if they've invented that 'fitness pill' yet. Nope

Everyone knows what they must do to improve their health or improve their performance. It takes more than just knowing what to do, though.

You need to dig deep to ask yourself the hard questions about why you haven't made the health changes you keep thinking about. Or why you haven't made the effort in your training or diet regimen to kick your time or performance up a notch.

Just imagine...

- Feeling great about how you look and feel
- Knowing exactly how you plan to accomplish your health goals
- Feeling accomplished about your training and diet so you can win your event
- Understanding the obstacles that have prevented you from accomplishing these goals in the past
- Feeling at peace with your body and eating habits

Just imagine knowing how to live to feel and look great!

You CAN do it!

But you can't do it without a plan!

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Let me help you create the plans necessary to help you get there through health coaching.

Through my wellness and health coaching services, you will:

- Learn exactly what to do to create the healthy life you desire
- Get that edge back in your performance, or WIN your next race
- Remember what it was like to have hope
- Have someone on your side, through successes and struggles, to support you
- Learn how to incorporate health information to YOUR habits and lifestyle
- Determine the types of activities you enjoy and can fit into your life
- Create a plan
- Challenge your comfort levels
- Learn to love how you look, again
- Feel confident and enjoy life and living

You will be in charge of investigating who you are and what you want to do. Along the way, you will create a plan that fits you and your needs so you will know where you are going and how to get there. I am there to guide and support you along the way.

Click the programs below to learn more

#### Email Wellness Coaching

Monday-Friday email coaching program to help you set up goals and achieve them.

#### Weekly Email Coaching

For less intensive coaching or for those who have achieved their goals through the Email Wellness Coaching and just need some accountability

#### Healthy Gym

Call every week for quick, laser coaching calls to set up your goals and then be accountable to make those goals happen!

**IMPORTANT NOTE:** If you require Medical Nutrition Therapy for a health condition and you live in a state with licensure for Registered Dietitians, I will help you find an RD in your area or state.

Call or email Margie to discuss details of the different coaching services.

928-776-7317