

Formula One Health And Fitness



Benefits of Hiring a Health Coach

- ✓ **We focus on your whole being:** From exercise programs and nutritional guidance to support and motivation, health coaches take a holistic approach to working one-on-one and understand the science behind true behavior modification. With a focus on enhancing, preserving and maintaining health, and preventing illness, health coaches understand the emotional, physical, behavioral, nutritional and lifestyle factors that are needed to enhance overall health and well-being.
- ✓ **We set SMART Goals:** A health coach will work with you to establish SMART (**s**pecific, **m**easurable, **a**ttainable, **r**elevant and **t**ime-bound) goals with an understanding of your fitness personality and your personal interests, past successes and failures, your attitudes and beliefs about health and fitness, and your readiness to change. A health coach will help you to take vague ideas and aspirations and transform them into reality.
- ✓ **We make it a lifestyle:** A health coach will empower you to take ownership of your experience and create positive, lasting, lifestyle changes and help you to see the value in reaching your health-related goals. A health coach is committed to arming you with the tools you need to succeed so ultimately you are able to become self-reliant in adopting healthy habits.
- ✓ **Save On Medical Bills:** A healthy lifestyle means less visits to the doctor. If you are overweight or obese, then you are subject to other diseases that can increase your medical expenses rather quickly. However, if you engage in a healthy lifestyle, you'll have a better chance warding off harmful diseases.

Conclusion Bottom line: If you've previously failed to meet your health goals or if you're looking to learn how you can finally make the necessary lifestyle changes to improve your overall wellness for good, then we can help you to put that plan into place and finally reach your goals of incredible health.

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8 Signs It's Time to Hire a Health Coach

1. **You're considering a diet because you want to lose weight fast.** A health coach has studied the dietary theories and will show you how to lose weight by adding – not subtracting. You will make gradual and sustainable changes with the help of a health coach.
2. **You have a doctor's diagnosis and need help following protocol.** Doctors are busy and don't have time to hold your hand or follow you to make sure you understand and follow their instruction. That is where health coaches come in. A good health coach can work hand in hand with your doctor to help you move toward a healthier lifestyle using the guidelines your doctor establishes for you.
3. **You don't have enough time for yourself.** (ME!) So many of us put so much into everyone else's lives that we shortchange ourselves. A health coach will help with that.
4. **You are stressed out and not dealing with it so well.** Health coaches can help you to find ways to alleviate and prevent stress, can make you healthier and improve your relationships. Losing pressure can sometimes equal losing weight.
5. **You want to make some changes but have a hard time sticking with it.** A health coach can be the difference between dropping off early and achieving your goals.
6. **A sporting event, marathon or triathlon is coming up, and your performance could stand some improvement.** A health coach has access to everything you need to improve your pre-workout and post-workout recovery. Why try to stumble through it when you can receive educated guidance.
7. **Your family needs to make some nutrition changes, and you'd like to learn some healthy, delicious and easy new recipes.** Learning some new foods and meals can help you bring your family to a new and healthier level. Health coaches can provide you with recipes that are nutritious and tasty.
8. **Your kitchen is set up with a deep fat fryer, microwave and you want to reassess your needs for a well-equipped kitchen.** A kitchen makeover and grocery store tour can go a long way to get you and your family on the road to eating nutritious meals.

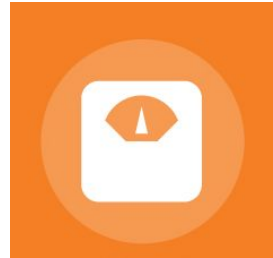
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Who can benefit from a Health Coach?

Particularly those who have the following health challenges:

**Obesity or
Overweight**



Digestive Issues

Hi Stress Levels



**Food Allergies,
Intolerances or
Sensitivities**

**Existing Medical
Conditions**
(Diabetes, Autoimmune
issues, heart problems)



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