

HEALTHY LIFESTYLE COACHING

Self-Guided Programs

Impact Your Market in a New Way
with Inspiring & Behavior Changing
Lifestyle Coaching-in-a-Guide

- Personalize to your organization
- Select from 8 hot-button topics
- Options for supporting services & content

Be a change agent in helping people choose healthier lifestyles that feel so good they stick with them. Foster self-awareness, positive thinking, change in mindset and success-driven goal-setting



Guided Healthy Living series

- | | |
|-------------------------|--------------------|
| ✓ Eating Healthier | Easier Menopause |
| ✓ Getting Fit | Balancing Hormones |
| ✓ Reducing Stress | Giving Self Care |
| ✓ Reducing Blood Sugars | Losing Weight |
| ✓ Now available | |

Minimum quantity of 1000

Informative – Inspirational – Interactive - Impactful TAKE ACTION Guidebooks

Positive & Reinforcing

Give recipients something that engages them into making lifestyle changes by using positive thinking, proven behavioral change methods and guidance.

Single Campaign or Multiple Series

Select just one of the guides to fit your marketing, program or organizational goals or to create a campaign using several guides for different promotional activities.

Healthy Principles & Philosophies

Support your organizational vision or current strategy with a healthy living guide that aligns with your principles and philosophies.

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Healthy Lifestyle Coaching Program Topics

FEELING GREAT Guide to Balancing Hormones



Self-Paced TAKE ACTION Guidebook

HEALTHY LIFESTYLE COACHING SERIES

FEELING GREAT Guide to Easier Menopause



Self-Paced TAKE ACTION Guidebook

HEALTHY LIFESTYLE COACHING SERIES

FEELING GREAT Guide to Losing Weight



Self-Paced TAKE ACTION Guidebook

HEALTHY LIFESTYLE COACHING SERIES

FEELING GREAT Guide to Getting Fit



Self-Paced TAKE ACTION Guidebook

HEALTHY LIFESTYLE COACHING SERIES

Women's Health

Fitness & Weight Loss

FEELING GREAT Guide to Giving Self Care



Self-Paced TAKE ACTION Guidebook

HEALTHY LIFESTYLE COACHING SERIES

FEELING GREAT Guide to Reducing Stress



Self-Paced TAKE ACTION Guidebook

HEALTHY LIFESTYLE COACHING SERIES

FEELING GREAT Guide to Eating Healthier



Self-Paced TAKE ACTION Guidebook

HEALTHY LIFESTYLE COACHING SERIES

FEELING GREAT Guide to Reducing Blood Sugars



Self-Paced TAKE ACTION Guidebook

HEALTHY LIFESTYLE COACHING SERIES

Wellness Topics

Lifestyle Health

Future Topics

- Resolving Emotional Eating
- Reducing Heart Disease
- Gaining Fulfillment

Create your own cover

- The covers are examples.
- Use your own images
 - Add your logo