



Coaching you to a higher level of wellness....

You understand that being a master of your wellness – your fitness, weight, eating habits, stress, and health – is the key to high energy and peak performance at home and work.

Yet, you face real challenges... making it tough to improve your health and wellness...and your level of wellness is holding you back.

Coaching is your solution. Congratulations for seeking a coach to help you get there.

What Trish will do...

- Help you create a wellness vision, aligning what's most important to you with your wellness goals ... while finding strategies to deal with your unique challenges
- Coach you to eat better, lose weight, manage stress, and exercise more
- Help you make long-lasting changes through telephone coaching sessions and a private website with everything you need to reach your goals, including the latest wellness information and tools

Together we'll help you live a lifetime of high energy and wellness.

What's your vision for your wellness?

Contact Trish to get there:

- www.wellcoaches.com/Trish.Muse
- www.bodyproductions.com
- Email trish@bodyproductions.com
- Email tmuse@wellcoaches.com

Trish's background...

- Wellcoaches licensed Wellness Coach
- Physical Therapist
- Polestar Pilates Practitioner
- NSCA Certified Strength and Conditioning Specialist
- ACSM Health Fitness Instructor

What is wellness coaching?

Licensed Wellcoaches....

- Are mature, experienced health and fitness professionals who have completed Wellcoaches® wellness coach training (endorsed by the prestigious American College of Sports Medicine)
- Meet clients for 30-minute telephone coaching sessions (weekly or as needed), with web tools and support for at least three months
- Coach clients to a higher level of wellness – whatever your priorities and challenges in any or all areas of fitness, weight, nutrition, stress, and health risks

What you do...

- Complete a questionnaire about your current lifestyle, health, fitness, and wellbeing – which helps you think about where you are and what you'd like to change
- Commit to a wellness vision, three month behavioral goals, and take small steps each week with weekly goals

Why coaching will help you reach and sustain a higher level of wellness...

- Through thoughtful inquiry, insights, and advice, Trish will ask you to think deeply about why wellness matters to you, and then align your highest values and priorities with a healthier lifestyle
- By holding you accountable to realistic behavioral goals that you choose, Trish will help make changes that last and reach your wellness vision
- Through open and honest discussions, Trish will help you navigate around your obstacles and become confident that you can sustain a healthier lifestyle on your own

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