
What is your vision?

What if
you lost 20 pounds?
you had more energy?
you were stronger?
you were healthier?

How far are you from where you
want to be?

Body Productions now offers
Wellness Coaching among its
services to help you discover the
answers to the questions above.

Wellness Coaching can help you
bridge the gap between what you
are doing and what you should be
doing consistently to achieve your
goals. Trish or another coach will
provide the structure, accountability,
expert advice and support. Wellness
coaching will help you set goals that
can be engineered into your current
lifestyle and find a path that leads to
where you want to go so you can
regain control and feel better.

. Wellness Coaching is often done by
convenient weekly telephone or email
coaching sessions supported by client
websites over a 3 month period. You have
to "work in" before you can workout.
Health, wellness and fitness are about
changing behaviors. Wellness Coaching
can be more convenient and cost-effective
than face to face personal training
sessions.

Behavioral scientists have shown that
one-on-one coaching is among the most
effective approaches to helping people make
and sustain improvements in their lives.
A coach enables change by focusing on a
client's stated needs, values, vision, and goals
and helping to bring out their personal best.

Together we'll identify your personal vision for
wellness and identify priorities in one or more
areas including fitness, weight, nutrition,
stress, and health. We will also discuss the
principles that are important for you to be
successful in developing a healthier lifestyle.

. Are you overwhelmed by the
amount of conflicting health and
fitness information amidst all of
the other chaos in your life? Let's
develop strategies and a lifestyle
that promotes your health and
wellness.

Contact Trish Muse, MPT, CSCS at
trish@bodyproductions.com for
more information and a free
consultation.

Physical Therapist

Licensed Wellness Coach

**What would you do if
you knew you would
not fail? Let's find
out!**

**Visit
www.bodyproductions.com**

Are you ready for a new approach to reach your goals? I won't promise a quick fix. I won't tell you what you should do and how you should do it. I will guide you towards a personalized program that deals with your unique situation and barriers to success.

Coaching is your solution.

Trish Muse is a physical therapist, veteran pharmaceutical representative and published author. Frequently featured in Essence, Heart and Soul, Self and Health magazines as well as several others as a fitness consultant, Trish provides continuing education internationally for fitness professionals and physical therapists. She is currently pursuing her Doctor of Science in Physical Therapy. As the owner of Body Productions, Inc. she is a popular National Strength and Conditioning Association Certified Strength and Conditioning Specialist, respected American College of Sports Medicine certified Health Fitness Instructor and Wellcoaches licensed Wellness Coach in the Washington DC area. She is a Polestar certified Pilates practitioner and East Coast Fitness Ambassador for Doce Vida Designs. Trish is the star and creator of the popular exercise videos, Ab Attack, Body Management and The Workstation Workout and star and co-producer of the functional fitness video Rock, Roll and Reggae.

Wellness Coaching

wellcoaches®

coaching you to a
higher level of wellness