



## Jumpstart your Wellness

Ready to take your health and well-being to the next level? Our Jumpstart your Wellness Program may be what you are looking for. It is a self-directed program that offers a comprehensive approach to behaviour change. You will have access to a readiness questionnaire, initial coaching consultation, online tools and resources including a Jumpstart your Wellness Workbook, and expert tips on healthy lifestyles and exercise.

### **Be fit, healthy, and feel great!**

***Not sure where to begin?*** Not sure where to begin? You can start with a readiness for change questionnaire along with objective and goal setting exercises, from there our certified coaches work with you to develop a personalized plan.

***Can't stick with 'get-fit' resolutions?*** Can't stick with 'healthy' resolutions? The Wellness Workbook provides support in preparation for, planning for, and taking action, along with other lifestyle considerations and exercises all geared to developing new behaviours you can stick with.

***Want to focus on specific areas of need?*** Want to focus on specific areas of need? Our experts help you take a holistic approach to address your needs and improve your overall health and well-being.

***Need to support other lifestyle changes?*** Need to support other lifestyle changes? Maybe you've made or are considering an important change. Committing to a 30 day comprehensive program can be the boost you need to succeed.

### **One call is all it takes to get started.**

Life Smart Coaching empowers you with the information and support you need to take a comprehensive approach to behaviour change. We make it simple to get started and guide you step-by-step. When you call our Client Services Centre, here's what you can expect:

1. We ask a few questions to make sure you receive the customized service that will be most helpful.
2. We arrange consultation with a certified coach to begin the process with a readiness questionnaire and objective and goal setting exercises, outlining a self-directed personal plan for success.
3. You also receive online tools and resources including a Jumpstart your Wellness Workbook, and expert tips on healthy lifestyles and exercise.

If you ever feel overwhelmed or stressed out by the lifestyle challenges you face, we can arrange counselling (face-to-face, over the phone, or through the Internet).

**Life Smart Coaching helps you take a holistic approach to health and wellness.**