

## **How A Coach for Me can help**

- Our coaches are trained in nutrition, mentoring, and natural health.
- We work one-one-one with our clients to help them reach their goals for a healthier and happier life.
- We use the coaching technique that works best for each client, not just “one style fits all.”
- We are available by phone or e-mail between visits.
- We use diet, nutrition, supplements, exercise, and positive empowerment to improve our client’s lives.
- We give our clients a person they can talk to and feel like they are truly being heard!



## **A Coach For Me Your Path to Health & Happiness**

**(618) 567-5919**

Toll Free (888.565.0169)

## **HOW ARE YOU GOING TO SPEND YOUR GOLDEN YEARS?**



**Full of Energy, Vitality,  
& Sharp Mental Ability**

**OR**

**Frail and dependent on the  
help of others**



**A Coach for Me** is here to help you on your journey to establish quality of life now, and during your “Golden Years.”

# To Age With Vitality, You Must Start Getting Healthy NOW!

## Unhealthy Aging

- Loss of independence
- Loss of memory
- Surgeries
- Multiple medications
- High cost of medicines
- Disease
- Broken hips
- Loss of sex drive
- Depression
- Low quality of life

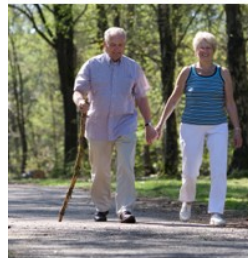
## Healthy Aging

- Independent living
- Sharp mental ability
- Active lifestyle
- Less aches & pains of old age
- Lower medical costs
- Less disease
- More energy
- Enjoyable sex drive
- High quality of life

Make your retirement  
the most enjoyable years  
of your life!

## WHY COACHING IS DIFFERENT

We all age. That is the reality of life. But how we age is a choice we all make. How do you want to spend your Golden Years?



A Coach for Me specializes in bringing good health and vitality to your senior years. We deal with more than just prolonging your life. We want that

longer life to be full and healthy. We coach our clients in changing their thinking about aging and help empower them to make the changes in their lives that will lead them to a healthier and happier lifestyle.

We focus on 5 aspects of a healthy life:

- Physical health
- Emotional health
- Social health
- Mental health
- Spiritual health

We meet with our clients once a week for a minimum of 90 days. Why 90 days? Because research indicates people that focus on a goal for 90 days are more likely to succeed. For example, switching to a more healthy way of eating and exercising.

**Call today to learn how  
A Coach for Me  
can help make your “Golden  
Years” healthy and happy!  
These are the good old days!**



**A Coach For Me  
Your Path to  
Health & Happiness**

Toll Free (888.565.0169)