

## **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 goal of 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 email 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 Teen’s Path to Health & Happiness**

**(618) 618-622-0699**

Toll Free (886) 681-6885  
**acoachforme.com**

***“Mom, Dad, I don’t  
want to be this way  
anymore!”***



- I am tired of being called “FAT” at school.
- I am tired of feeling depressed because of my weight.
- I am tired of being out of breath when I walk short distances.
- I am tired of failing at diets.
- I am tired of people offering me diet advice.
- I am tired of feeling like I don’t fit in.

**Most importantly, I am tired of letting you down when I don’t lose weight!**

**A Coach for Me** is here to help teens battling with their weight and low self-esteem.

# Childhood & Teen Obesity affects Health and Self-Esteem

## Health Problems

- Type II diabetes
- Early onset of heart disease
- High blood pressure
- High cholesterol
- Painful joints and feet
- Asthma
- Disabling migraines
- Health risk of early death equal to that of a person that smokes

## Emotional Problems

- Depression
- Low self-esteem
- Social isolation
- Being bullied
- Sexual promiscuity
- Higher rate of drug and alcohol abuse
- Higher rate of dropping out of school
- Twice the risk of attempting suicide

## **WHY COACHING IS DIFFERENT**

With a diet or a diet center, a person is set up to fail. Programs such as Jenny Craig and Nutrisystem have a 75% failure rate. The problem is what they are missing; coaching and mentoring on a regular basis.

A Coach for Me specializes in childhood and teen obesity. We deal with more than the weight issue. We coach



our clients to change their thinking and help empower them to make changes in all aspects of their lives, leading them to a healthier and happier life.

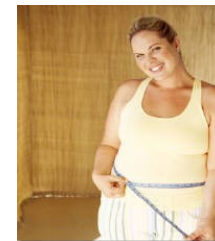
We focus on 5 aspects of a healthy life:

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

We meet with our clients twice a week for at least 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.

Childhood is tough enough for children today. As parents, we want to do everything possible to help our children feel better and be healthier. A Coach for Me can help stop the pattern of diet failure and turn it into a pattern of success. Working as a team with parents and their child, we can help the whole family discover good health and happiness!

**Call today to find out how  
A Coach for Me can help  
your child achieve health & happiness**



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