

# HEALTH AND WELLNESS COACHING



by Adam C. Dudley, BS, CHC, BCS

## How to get the support you need and a plan that works for improving your personal health and wellbeing

Making new, healthy habits on your own can be very challenging. Most of us need outside support to create sustainable change.

### PROBLEM

Despite the abundance of health and wellness information, Americans are struggling with their health habits.



About 1 in 5 – **only 21%** – of adults meet minimum national physical activity guidelines.



On average, Americans sit **11 hours** a day.



**65%** of Americans watch 2 or more hours of TV every day.

And most of us believe in the importance of a healthy lifestyle more than we live it.

- If you haven't been able to change on your own, you're not alone.
- Nearly every American believes that a healthy lifestyle is extremely important, but most don't do the behaviors necessary for having one.
- The truth is most of us need outside support to create sustainable change.

### SOLUTION

While the challenges are difficult, the opportunities are great if you have the right guidance.

- You may have tried to change on your own and had only temporary success. Almost everyone has started and stopped 6 or 7 health programs.
- However there are 5 habits that can change your health and wellness. They aren't hard or complicated, but they do take learning, practice, and motivation.
- The best place to start is with expert support in making small, sustainable changes over time.

Yes, it is possible to smoothly exit your unhealthy, sedentary life.

- In most cases, this can be done by incorporating small, easy, natural movement into your daily life, and by making minor changes to how you eat, so you reconnect with and enjoy a better relationship with your body.
- Your mind and body are interconnected, and addressing both at the same time can make all the difference. As you change, you will notice an increase in your energy level and inner sense of wellbeing.
- With the right support, you can move easily into a new, healthy, active lifestyle without spending countless hours in a gym, eat well without dieting, and build the healthy outlook and behaviors you want, step by step.

The right partner makes all the difference.

Together we will collaborate to develop a custom-designed health and wellness plan that works for YOU. We will:

Create a **positive** vision for your future.

Identify and **overcome** barriers to change.

Make **creative** adjustments to your plan as needed.

Register today at [www.adamdudley.me/free](http://www.adamdudley.me/free) to get your FREE 30-minute Health and Wellness Planning Session!



407.504.ADAM (2326)



[hi@adamdudley.me](mailto:hi@adamdudley.me)



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