

Wake-Up Foundation presents

Building Good Health Action/Result Coaching



Developing and having a healthy lifestyle is important. To become successful in anything, you would need energy and strength. For example, if you are feeling tired, you are unmotivated to grab and take action on life opportunities.

Consequently, life opportunities can slip away from you. You do not want to be the person who passes on the opportunity. Do not be that person. Prepare yourself for all life opportunities.



Learning components:

- Discover your 9 body composition numbers
- Learn the foundation of good health
- Learn methods to develop a healthy diet
- Learn tools to exercise regularly
- Learn strategies to develop a consistent sleeping habit
- Learn how to keep track of your health
- Learn how to lose, maintain, and gain weight in a healthy way

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