

Building Good Health Coaching



Is your health at risk?

Do you know where your health is at?

Do you know how much you need to eat to keep your body energized and hydrated?

Do you always worry if you are eating or exercising enough, too little, or too much for your body?

Do you always struggle to keep a daily exercise routine?



Do you have a difficult time waking up in the morning feeling refresh?

Do you want to learn how to shop, eat, and exercise smart, and not hard?

Do you want to develop holistic wellness?

If you answered yes to any of the above question, then this health coaching program is for you.

Contact us: Wake-Up Foundation, (916) 243-7076

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Wake-Up Foundation was named 2016 Best of Citrus Heights Awards in Human Resource Consulting Services

Benefits of health coaching:

- Have more energy and strength in life
- Develop more focus and concentration
- Experience more joy and happiness
 - Experience less stress
- Be motivated and empowered to live life
 - Have better moods
 - Develop fewer sickness or disease
 - Improve longevity
- Develop better physical, mental, spiritual, and emotional health
- Save money by having fewer doctor visits
 - Develop fewer pain problems
- More time and opportunities to create meaning and purpose in life
- Increase self-esteem and self-confidence

