

ABOUT ANGEL RODRIGUEZ

Two influences deeply rooted my passion for health and fitness. One was growing up under the influence of the 60's in San Francisco, California and two, being smitten by my father's passion for it. My father was a competitive bodybuilder from age 16 up until his mid-sixties and won numerous titles including *Mr. America*. He also had a love for martial arts. He held black belts in Karate, Judo and Gung Fu and was able to spar and socialize with many well-known contemporaries of the time, including Bruce Lee. I was continually inspired. I began working out with weights and learning Karate in junior high and then started experimenting with diet, jogging and doing yoga in high school. My passion for health and fitness matured as a young adult working with my father in his gyms coaching and training, developing exercise programs and providing dietary evaluations for everyone from housewives to champion bodybuilders. We read and studied everything about health and fitness available at the time. In the 60's and 70's, **WE WERE THE EXPERTS!** In 1976 I saw an article in People magazine that would soon change my life. It was about a female boxer out of New York. It said that female boxing was the 10th fastest growing sport in America. I became excited and found a coach. I learned to box and began coaching and training youth in a boxing program and ended up pursuing a 7-year career in Professional Boxing and a rating of #1 in the World. I coached

and trained men and women, as well as amateurs and pros and became Director of the San Francisco Police Athletic League Boxing program. Our gym produced Junior Olympic and Olympic champions. In 1984 I relocated to Sonoma County, California for a certification program in Herbal Studies. I went back to college following graduation from the California School of Herbal Studies and studied Business and Biology at SSU. I still continued private coaching and developed a private consulting business emphasizing wellness. In 1996, I moved back to the San Francisco Bay Area for a business project and in 2000 with its accomplishment, I once again returned to Sonoma County. Since the 90's to the present I have continued to engage, coach and train independent business owners in personal development and business operations, predominantly in health and fitness. Today, I still continue to personally coach people so they don't have to "**do it alone**". I bridge the gap from wherever they are to wherever they want to go, however big or small, because with health, small can be huge. REMEMBER, our best, our **very best** thinking, gets us where we are. **We all need a coach!**

HEALTH ESTEEM

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HEALTH ESTEEM

PERSONALIZED
COACHING

Future Solutions Now



*"It's not the cost; it's the value. You can't afford not to care for your health. If not this, what? If not now, when
Angel Rodrigu*

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THE MISSION OF HEALTH ESTEEM

WHAT IS HEALTH ESTEEM?

Health: Sound physical or mental condition.
Well-being.

Esteem: High regard. To set a high value on. Respect, admire, revere.

HEALTH ESTEEM: To set a high value on sound physical and mental well-being.

The mission of **HEALTH ESTEEM** is to provide education, guidance and the personal coaching necessary to empower my clients to achieve their health and wellness goals. By combining the most current nutritional theories with an individual approach focused on each person's unique needs, I assist my clients in diet, nutritional supplementation, exercise and attitude.

HOME-DELIVERED MEALS

Tired of trying to figure out what to eat? Do you avoid grocery shopping due to the crowded parking lots and aisles at the store? You may be interested in having healthy balanced meals, made from the finest ingredients available, delivered right to your door. Choose the convenience and ease of healthy meals prepared exactly for you that will save you time and money?

HEALTH ESTEEM COOKING CLASSES

Learn to cook nourishing meals that are easy to prepare and taste delicious! Be trained in the privacy and convenience of your own home. Discover how to arrange a working kitchen that is simple, practical and easy to cook in. All classes are hands-on so you can learn how fun and simple healthy cooking can be!

HEALTH ESTEEM FITNESS OUTINGS

This is my favorite part of the program. The hardest part about jogging, walking or exercising is just getting out there. Having someone to be accountable to, besides you, makes all the difference in the world when creating new habits. Once out there with your personal coach, you will know what to do, how to do it and how to think about it.

LONG DISTANCE PROGRAMS

Your long distance **HEALTH ESTEEM** program works very similarly to a face-to-face program, but we meet over the phone! Wherever you live, you can still receive the feedback, coaching and support you need to make changes in your life and health.

Throughout your long-distance program you will receive the following services:

- 🌀 Thorough analysis of your current diet and your long-term health goals.

- 🌀 One-on-one phone consultations to create a customized, step-by-step program, which supports your health.

- 🌀 Educational materials including cooking tips, program exercises, instructive articles and more.

- 🌀 A customized menu to create a complete, nourishing meal for yourself and/or your family using **HEALTH ESTEEM** cooking class recipes, cookir instructions, and helpful tips.

- 🌀 Shopping recommendations to familiarize you with new foods and quic flavorful ideas for cooking.

- 🌀 Email support for questions and feedback between our phone sessions.

- 🌀 Subscription to " **HEALTH ESTEEM TEAM NEWS**", a monthly email newsletter keeping you informed about the latest information on food and nutrition.

During your initial phone consultation we will go through your diet, health concerns and goals for your health. We will discuss the ways we would work together to achieve those goals. Contact me today and take the first step towards improving your health.

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