

HEALTH ESTEEM

Future Solutions Now



WELCOME

Welcome to the beginning of your Health Esteem. We are excited to help facilitate your health and fitness goals. Most people who go through fitness programs have very little long-term success. Programs give you their philosophy; provide you with some education and materials, and then give you the experience of their event. When the program ends, you come home with some materials, are enthusiastic for a while, but gradually lose motivation, along with the results you got when you went through the program. We are different because we work backwards first. We anticipate the practicality of what it takes to be successful after the program ends and fill that void, right from the beginning. We work one-on-one with you and teach you the skills to do what we are providing, while you are going through the program. Additionally, we help you identify thinking that may not be consistent with the goals you desire and provide you with a framework for change, along with the coaching and support that are necessary for your success.

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.

MISSION

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