

A large pile of padlocks, many with red ribbons, is mounted on a stone pedestal. The padlocks are of various colors and designs, including gold, silver, and brown. The background is slightly blurred, showing people and a building with red pillars. The overall scene suggests a public display of locks, often found at bridges or landmarks where people leave locks as a symbol of love or commitment.

**12 week Primal Health
Coach Program...
Unlock Your Potential**

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Program Description:

The 12-week Primal Health Coach program is a client specific, goal oriented program based on a One-on One coaching model. The program will help each client to identify goals, learn strategies and achieve measurable outcomes throughout the program, as it relates to their individual health, fitness and weight management goals.

Program Design

The Primal Health coach program is design to be convenient for clients, understanding that everyone has busy lives. There will be face to face sessions as well as many online resources and check-ins to keep the client on track and motivated.

Each week there will be clear, trackable objectives outlined for the client, driven by the client, resulting in understanding and life long change.

Education

- Gene expression and optimization
 - o How to optimize gene expression to reduce the impact of genetic predispositions
 - o Client learns why they have the ability to control gene expression for optimal health
- Food and Nutrition
 - o Foods to be eliminated and consumed
 - o Defining expected results
 - o Appetite/craving control through healthy food choices
 - o Nutritional awareness
 - o What foods to purge and purchase
- Exercise and fitness
 - o Learning a graduated, low stress exercise philosophy, that will not only help you to reach your fitness and body composition goals but will teach how to make exercise fit and adjust to your individual metabolic needs, for the greatest fitness and body composition outcomes possible.
- Sleep, rest and recovery
 - o The client will learn the importance of sleep and stress management and be provided the tools and education to maximize recovery outcomes

Contact for a Free consultation: Vern Gorman 780 246 7441, livingalignedhc@gmail.com