



Lifestyle Fitness Coaching

With Jamie Arion,
A.C.E. Certified Personal Trainer and SCW Sports Nutrition

Is this you?

- Someone who hit a plateau in their weight management efforts?
- Someone who has tried every diet?
- Someone who is exercising 'hard' but not reaching your goals?
- Someone who is so confused as to what to do on achieving their wellness goals?

The Challenge:

Regulating body composition and maintaining body weight are critically important factors in overall performance, vibrant health and well being. To maintain a healthy weight, one must properly manage calorie intake and usage. The calories found in the foods we eat serve as units of energy the body uses to function properly. A healthy diet, proper food portions and consistent exercise programs are all key steps to take in achieving a healthy and well balanced body.

The Solution: *Lifestyle Fitness Coaching*

Lifestyle Fitness Coaching addresses the whole person, not just cardiovascular, strength, flexibility and/or nutritional plans. Fitness coaching is the internal side of physical training: it helps clients make a mind-body connection that creates lasting lifestyle changes. A client's long term success depends on all the underlying factors and challenges of daily life: managing time, defining needs and goals, identifying obstacles and solutions, learning accountability, making commitments, delaying gratification and creating healthy boundaries.

Jamie Arion is owner of *TriFitness* in Peachtree City, GA. She is a lifestyle fitness coach, ACE certified personal trainer, ACE certified group fitness instructor, a public fitness speaker, an American Heart Association Basic Life Support instructor and an independent Distributor for Advocare nutritional products. www.advocare.com/03032921

Wednesdays and Saturdays by appt only at the Peachtree City Location.

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