

NEXT LEVEL COACHING AND FITNESS
“TAKING YOU TO THE NEXT LEVEL”

Holistic Lifestyle Coaching

Provided by
Ronny Angell

Benefits from this program include:

- 🌀 **Permanent Weight Loss**
- 🌀 **Strengthened Immune System**
- 🌀 **Abundant Energy**
- 🌀 **Increased Endurance**
- 🌀 **Slowing of the Aging Process**
- 🌀 **Prevent and Reverse some chronic illness**
- 🌀 **Stress Reduction**
- 🌀 **Mental Clarity**

A Holistic approach will be used to help you reach your health and fitness goals. What does a Holistic approach mean? The Body works as a whole and Balance is key! Your Nutrition, Exercise, and Emotional state needs to be in balance for the body to function as it was designed. All of these key areas will be addressed to help you get back into balance.

Your body needs to be in balance to reach your fullest athletic or human potential. If your body is not in balance and a fitness program is designed by not taking into account the other stressors in your life, potentially more stress is being added than the body can handle effectively.

Look at health as a three leg stool. Nutrition, Exercise, and Emotional states are the legs of this stool. If the legs are out of balance the stool does not set properly or in the body's case, function properly. Your body senses good stress (exercise) or bad stress (you know the ones) the same. To achieve overall health, one needs to look at ways to relieve the bad stress to make room for the good stress.

Nutritional Stress

One man's food is another man's poison. Determine your metabolic type to ensure you are eating the right foods for you genetic makeup. Proper nutrition is a key factor in your body healing and dealing with the effects of stress.

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Exercise Stress

It is well documented the benefits of exercise. Exercise is a good stress if it doesn't overload the overall stress that the body can manage. Exercise is the smallest, but equally important, part of the holistic approach to health. Most people eat 3-6 times a day, deal with emotional stresses 24/7 and exercise 3-6 times a week and still are not healthy.

Mental/Emotional Stress

This stress can sometimes be the most challenging to work with because it is in your thoughts and beliefs. Changing your thoughts can change your perspective. Life is all about your perception of life. Identifying different areas of your life, be it mental/emotional/environmental, that may be causing any amount of stress to your body is a vital component to overall health.

Overall Assessment

Talking about your goals will be the place to start. You will be provided with questionnaires that upon completion will help evaluate your goals, metabolic type, and these 6 areas:

- 🌀 You Are What You Eat
- 🌀 Stress
- 🌀 Circadian Health (sleep)
- 🌀 You Are When You Eat
- 🌀 Digestive Health
- 🌀 Detoxification System Health

Once these areas are addressed and identified their priority to your overall health will be determined. Subtle changes to diet and lifestyle along with prescribed exercises to balance your body's health will be discussed.

Discussing the recommendations to achieve your health and fitness goals from the overall evaluation can be done by meeting in person or by phone.

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Investment in Your Health

Metabolic Typing Analysis - \$150

In the Metabolic Typing Analysis, your answers to 14 questions will be evaluated to determine your genetic makeup for the ratios of carbohydrates, proteins, & fats. A ½ to hour will be spent talking to you about the nutritional diet that will increased energy, strengthen the immune system, and promote weight loss. After 4-6 weeks, depending on your prior food plan, a retake of the Metabolic Typing Analysis and a ½ hour talk will help with the fine tuning of your new health lifestyle diet. During the 4-6 week period, we will talk twice via phone to check your progress and dial in your new meal plan.

What you get:

- (2)- Metabolic Typing Analysis
- (2)- 30 minutes to an hour face to face or phone conversations
- (2)- 30 minutes phone conversations

Holistic Lifestyle Analysis-\$300

In the Holistic Lifestyle Analysis, your answers to 78 questions in 6 different areas of your life will be evaluated to determine the different stresses being applied to your body.

Recommendations to alleviate the bad stress to make room for the health good stress will be addressed. A 1.5 -2 hour will be spent talking to you about the ways you could possible improve your lifestyle for a healthier mind, body and spirit and different energy building exercises. After 4-6 weeks, depending on your lifestyle, a retake of the Holistic Lifestyle Analysis and a 30 minutes talk will help with the fine tuning of your new health lifestyle. During the 4-6 week period, we will talk twice via phone to check your progress and to give more tips to reduce stress on your body.

What you get:

- (2)- Holistic Lifestyle Analysis
- (1)- 1.5-2 hour face to face or phone conversations
- (3)- 30 minutes phone conversations

Metabolic Typing &Holistic Lifestyle package- \$400

- **Metabolic Typing Analysis**
- **Holistic Lifestyle Analysis**

Metabolic Typing Fine Tuning Consulting- \$35/half hour; \$60/hour (phone or person)

Rate for additional consultation for fine tuning your diet

Holistic Lifestyle Consulting- \$35/half hour; \$60/hour (phone or person)

Rate for additional consultation for fine tuning your lifestyle changes

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Other Services

Chakra Balancing

Personal Training

Endurance Sports Coaching

Skills Clinics in:

Navigation

Mountain Biking

Paddling

Contact

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