



Fitness Success Aided by Wellness Coach

When Wellness Coaching was offered as part of a “Body Transformers” program at the local gym, Mary did not know what to expect. She had been a “gym rat” all her life and wanted to get back into her “skinny” jeans. She was looking for a trainer who would challenge her physically several times a week. Not only did she find a great personal trainer but also connected with a kind, caring and compassionate Wellness Coach, Peggy Green of Whole Body Fitness.

Growing up, Mary participated in competitive sports which kept her physically fit and mentally alert. Now that she was getting older, it wasn’t so easy to keep things going. She was suffering from injuries; food had become comfort rather than nutrition and the stress of her job was overwhelming. Mary no longer was motivated to exercise, didn’t know how to fuel her body properly and was suffering from low energy.

At her first meeting with Peggy, Mary immediately knew that she was going to enjoy the Wellness Coaching and be able to make positive changes. During their initial conversation, Peggy asked her to “paint a picture” of her ideal health and wellness. This was to reflect how she wanted to feel and what she wanted to be doing in the near future. Ideally, Mary wanted to be working part time in the corporate setting so that she could be a spin instructor. In addition she sought discipline in exercise and nutrition and desired to remain athletically competitive. This helped Mary visualize what she really wanted in her life because for years she had struggled with what was important to her. Now she knew and was able to set her priorities.

This all came about not because Peggy told her what to say and how to feel but rather by her asking questions and listening. From there, Peggy would ask more questions about what motivated her, what got in the way of reaching her goals and encouraged her to dig deep, using strengths within her.

With Peggy’s personal training experience and wellness coaching skills, Mary set realistic 3 month goals. Instead of focusing on the dreaded scale, (which doesn’t truly reflect a healthy weight) Mary chose to set the goal of fitting into her skinny jeans and

working out three times a week in the gym. She also established the goal of eating salad for lunch everyday.

With her 3 month goals in mind, Mary started setting small, obtainable weekly goals. For example, one goal was to set her alarm so that she could get to the gym before work, and another was to pack her gym bag nightly so that it was ready in the morning and not use it as an excuse to miss working out. She started a diary of what she was eating and when, then used that information to set goals to make nutritional changes.

With success of each small goal, Mary began to have more energy and feel better. Success was beginning to breed success and she wanted to exercise more and eat better. Sometimes, Mary wouldn't reach her weekly goal but instead of judging her, Peggy would encourage her to keep going and focus on what went right. They would talk early in the morning and Mary looked forward to her coaching sessions.

After 3 months, Mary did make it into her 'skinny jeans'. She continues to work out with a personal trainer 2-3 times per week, and eats much healthier than ever before. Peggy has helped Mary to make life-long behavioral changes, as she puts it, *"had it not been for Peggy and Wellness Coaching, I would never have made it past the plateaus...Thanks to Peggy I now have a well rounded focus on my health and lifestyle."*

Peggy Green is president and owner of Whole Body Fitness. She is a **Licensed Wellness Coach** from Wellcoaches Corporation and a **Certified Health and Fitness Instructor** from the American College of Sports Medicine. Her desire is to transform women's lives by helping them improve their health and wellness.

Peggy enjoys hearing from you, please get in touch with any comments or questions by sending her e-mail to: Peggy@WholeBodyFitnessColorado.com

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