

HEALTHY LIFESTYLE COACHING

DISCOVER HOW TO:

- * SET SPECIFIC GOALS AND REACH THEM FASTER
- * LEARN TO MAKE BETTER FOOD CHOICES
- * FIND THE TIME TO MAKE EXERCISE A PRIORITY
- * OVERCOME THE OBSTACLES KEEPING YOU FROM MOVING MORE

What is healthy lifestyle coaching? Coaching is a partnership process between the healthy behavior coach and client. The coach creates specifically crafted questions and worksheets to help the client simplify their life, and obtain the goals they desire. A coach guides the client in designing a lifestyle that will nurture their mind, body and spirit.

About Deana McGarr: Deana is a certified Healthy Behaviors Coach through the Cooper Institute. She currently teaches for the McKinney YMCA as a Yoga, Pilates and Fitness Orientation instructor. She is passionate about movement and finds that a mind - body approach to wellness nurtures the process to create healthy choices daily.

\$50.00 per session

(each session is 60 minutes)



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YMCA Mission: To put Christian values into practice through programs that build healthy spirit, mind, and body for all.
Financial assistance is available.