

Jumpstart your Wellness

Ready to take your health and well-being to the next level? Our *Jumpstart Your Wellness Program* may be what you are looking for. With the support of a certified life coach, our program uses a comprehensive online, self-directed approach to support behaviour change. You will have access to healthy living tools, resources, as well as goal and objective setting exercises.



Be fit, healthy, and feel great!

- **Not sure where to begin?** You can start with a readiness for change questionnaire along with objective and goal setting exercises. From there, our certified coaches work with you to develop a personalized plan.
- **Want to focus on specific areas of need?** Our coaches can help you take a holistic approach to address your needs and improve your overall health and well-being.
- **Need to support other lifestyle changes?** Maybe you've made or are considering an important change. Committing to a 30 day comprehensive program can be the boost you need to succeed. Common areas of change include but are not limited to: Weight, Eating Habits, Physical Health / Levels of Exercise, and Work Life Balance.

One call is all it takes to get started.

Life Smart Coaching empowers you with the information and support you need to take a comprehensive approach to behaviour change. We make it simple to get started and guide you step-by-step. When you call our Client Services Centre, here's what you can expect:

1. We ask a few questions to make sure you receive the customized service that will be most helpful.
2. We arrange for one of our coaches to call you and walk you through the types of support you could benefit from, including personalized resources specific to your concern.
3. You also receive online tools and resources and expert tips on healthy lifestyles and exercise.

Life Smart Coaching services are offered over the telephone. If you ever feel uncertain or overwhelmed, we can arrange counselling services (face-to-face, over the phone, or online).

Life Smart Coaching can help you take a holistic approach to health and wellness.



Call us to get started

1-866-565-4903

International (Call collect): 604-689-1717

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