

COULD
ONE
CONVERSATION
CHANGE
YOUR LIFE?



WHEN WAS THE LAST
TIME YOU TALKED
WITH SOMEONE
ABOUT YOUR
HEALTH AND
RECEIVED
THE PERSONAL
ATTENTION
YOU DESERVE?

Have you been wanting to:

- improve your eating habits?
- understand your body better?
- make self-care a priority in your life?
- loose weight?
- get off medications?

Welcome to your program.

Your customized Health Coaching program will radically improve your health and happiness. Together, we'll explore your specific concerns to find the tools you need for a lifetime of balance.

- Set and accomplish goals
- Explore new foods
- Understand and reduce cravings
- Increase energy
- Feel better in your body
- Implement an exercise program right for you

Sign up for your Free Initial consultation to start your journey to better health!



Alan Murphy

Integrative Health Coach / Personal Trainer

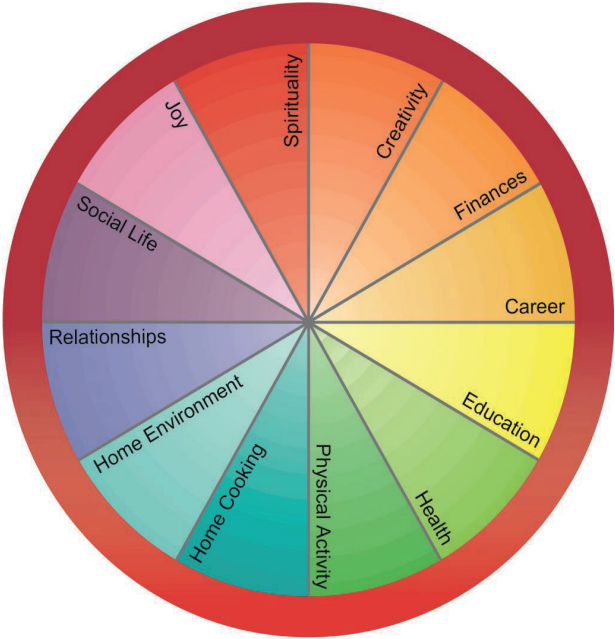
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THE CIRCLE OF LIFE

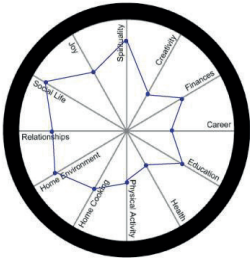
Discover which primary foods you are missing,
and how to infuse joy and satisfaction into your life.



What does YOUR life look like?

- 1. Place a dot on the line in each category to indicate your level of satisfaction within each area. Place a dot at the center of the circle to indicate dissatisfaction, or on the periphery to indicate satisfaction. Most people fall somewhere in between. (see example)
- 2. Connect the dots to see your Circle of Life.
- 3. Identify imbalances. Determine where to spend more time and energy to create balance.

Example



**Call Now for a
Complimentary
Coaching Session.**