

Balance



1. ...to describe components of a Life Wellness Coaching Program...
2. ...to be able to describe at least three modalities of Wellness...
3. ...be able to describe at least three wellness evaluations and their uses...
4. ...be able to list items you would have in your Wellness Program...
5. ...list and describe ideas for a Life Wellness Program...

What you need to know!



A person is shown in a yoga pose, standing on a beach at sunset. The person's body is overlaid with a vertical rainbow chakra. Large, flowing fabric in shades of purple, pink, and blue surrounds the person. The background shows a sunset over the ocean with mountains in the distance.

Life Wellness Coach / Holistic Health Consultant

Prepared by Mike Rickett MS, CSCS*D, CSPS*D, RCPT*E



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Life Wellness Coaching / Become Empowered

Prepared by Mike Rickett MS, CSCS*D, CSPS*D, RCPT*E



...to describe
components of a Life
Wellness Coaching
Program...

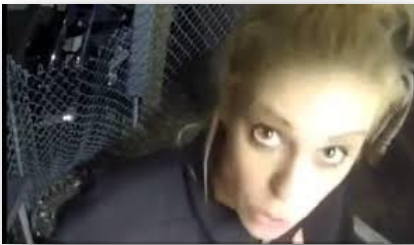
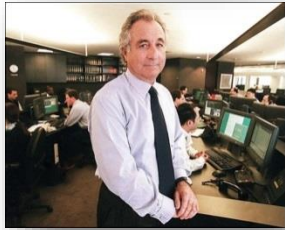
Goal...



Team Components

- Fitness
- Nutrition
- Performance Coaching
- Weight Management
- Relationship Counseling
- Kids
- Rehabilitation
- Stress Reduction
- Spiritual
- Mentors
- Master Mind Groups
- Think Tanks
- Social Outlets
- Special interest Groups
- Financial Counseling
- Etc...





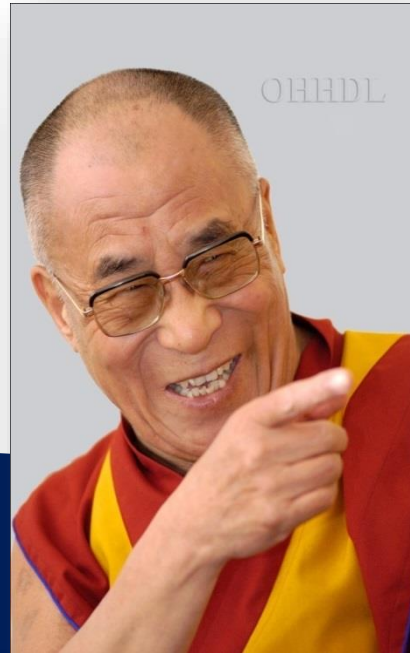
Why Life Coaching?



...or Better Yet!



domestic athlete



spiritual athlete



social athlete



corporate athlete



What
you do

How
you
do
it

Simon Sinek

Why
you
do
it

Fitness Elements

endurance



flexibility



agility

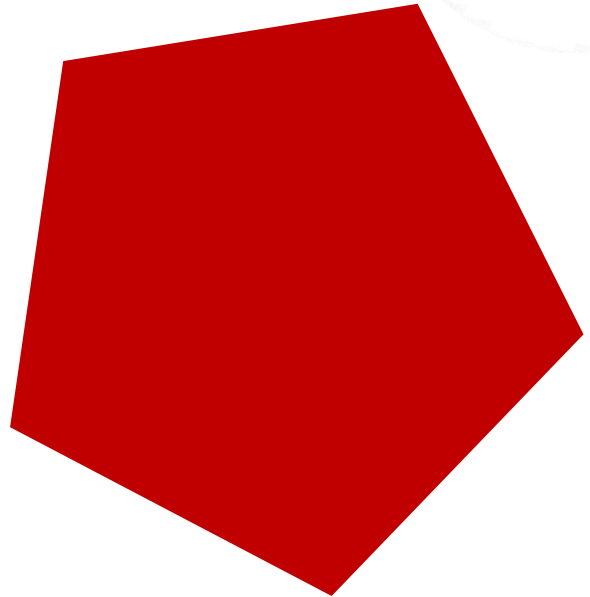
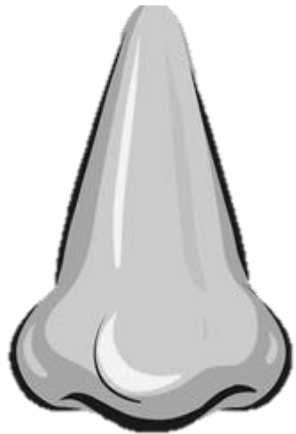


body comp

strength



Senses Elements



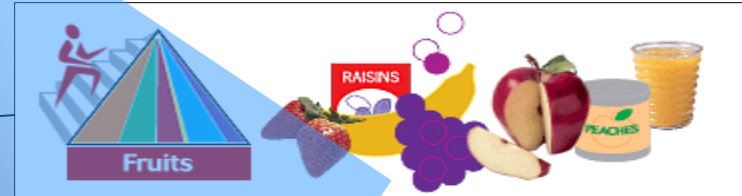
Nutrition



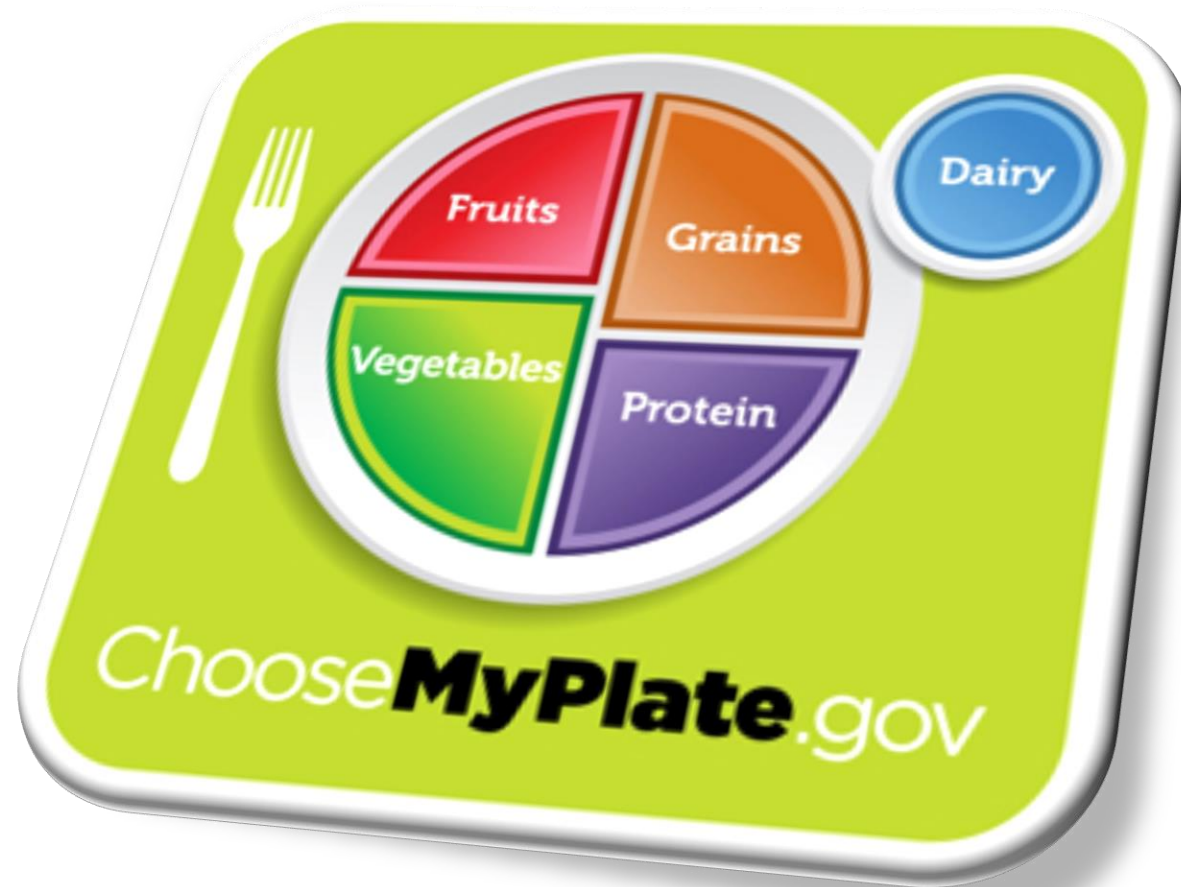
Out with the Old!



The components expanded:



Current Food Plate



Hydration

- Electrolyte Balance
- Amounts
- Containers
- Supplements





Supplements

- Herbs
- Performance
- Hormone Management
- Health Issues

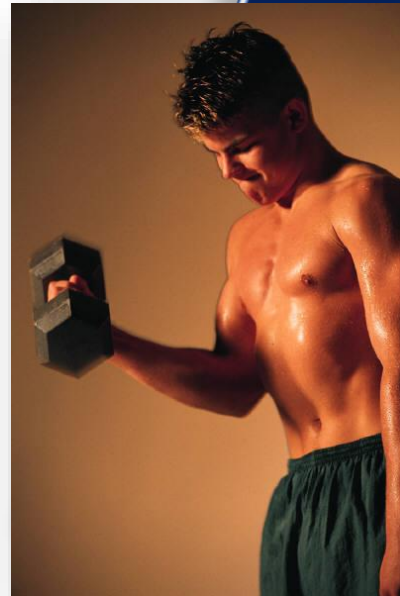


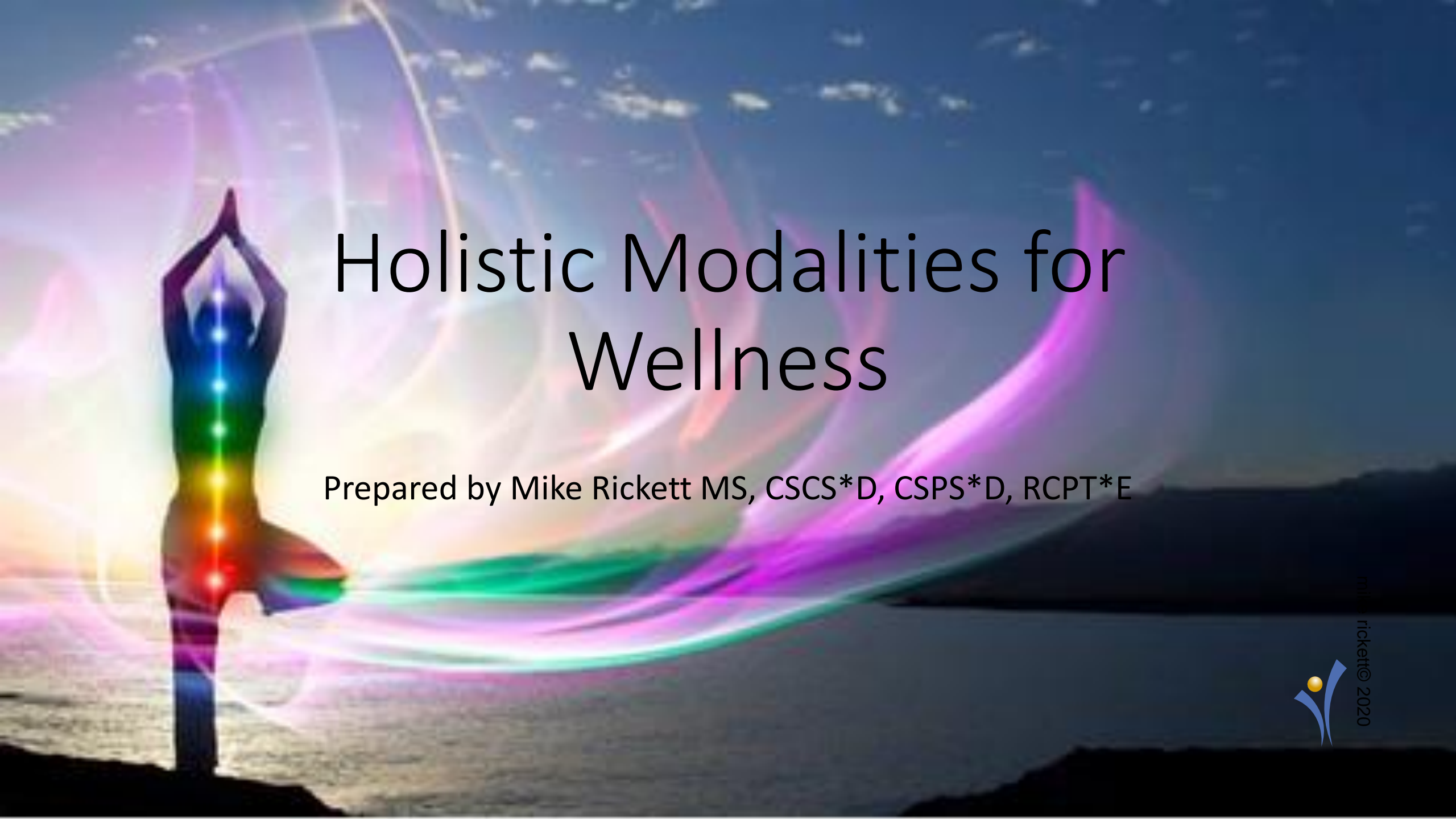
Stress Management

Mental - profession

Emotional - family

Physical - activity



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Holistic Modalities for Wellness

Prepared by Mike Rickett MS, CSCS*D, CSPS*D, RCPT*E

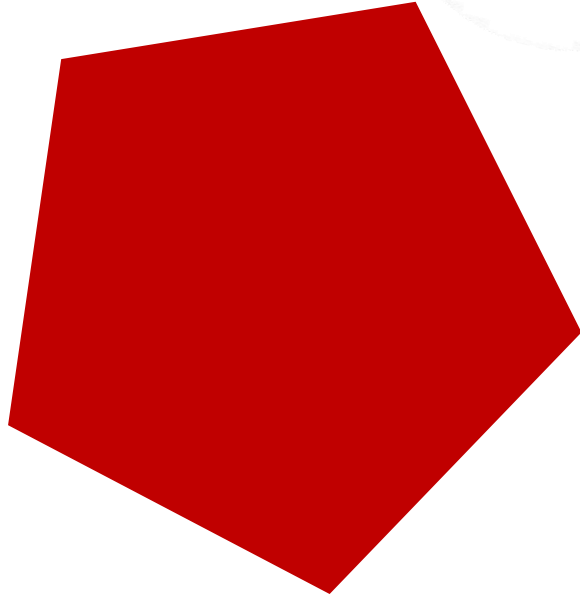


...to be able to
describe at least
three modalities of
Wellness...

Goal...



Sensory Elements



Essential Oils

- **Lavender** – Calm and Ease Pain
- **Peppermint** – Breathing / Stomach
- **Lemon** – Cleanses Air / ↑Mood
- **Eucalyptus** – Pain, Relaxation, Immune
- **Thieves** - General Health



Breathwork

Professional

- Physicians
- Osteopathy
- Chiropractic
- Homeopathy
- Neuropath
- Herbs / Nutrition



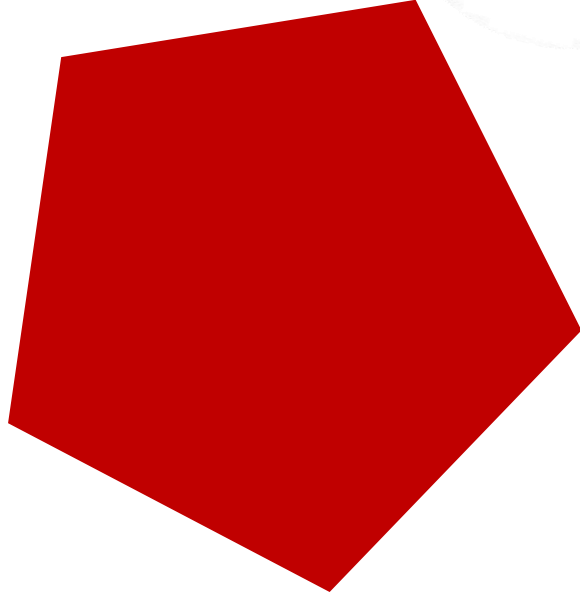
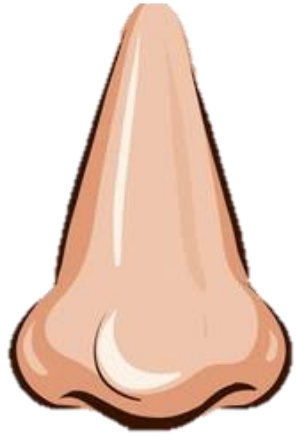
“Mainstream”

- Acupressure
- Acupuncture*
 - acupuncture.com
- Reflexology
- Qigong
 - qigonginstitute.org

- Massage
 - Rolfing
 - Shiatsu
 - Feldenkrais
 - Sports



Sensory Elements



Perception

- Pain
- Temperature
- Vibration
- Percussion
- Two Point Differentiation



Body's View of the World

Introceptors

Nerves / CNC

Extroceptors

Mechanoreceptors



Meridians

THE THEORY OF REFLEXOLOGY

According to practitioners, when there is "imbalance" in the body, granular or crystalline deposits will accumulate on the relevant reflex point, making it feel tender when touched. The greater the tenderness felt

by the patient, the greater the imbalance. Hard skin, corns, bunions and infections can all be interpreted by the practitioner as external manifestations of problems in the corresponding area of the body.

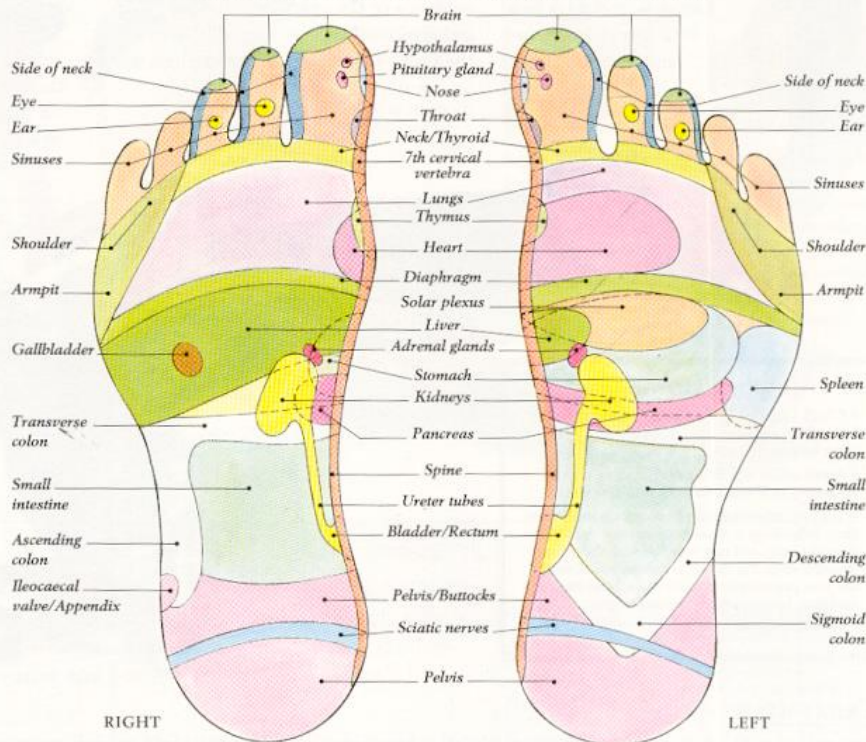
THE ZONES



There are ten energy zones

In Dr. Fitzgerald's theory, energy flows through ten vertical zones, that run from the feet to the head, and also down each arm to the hands. Pressure on a reflex point in the appropriate zone area on the foot can treat organs, glands, bones and muscles within that zone.

REFLEX POINTS ON THE SOLES OF THE FEET



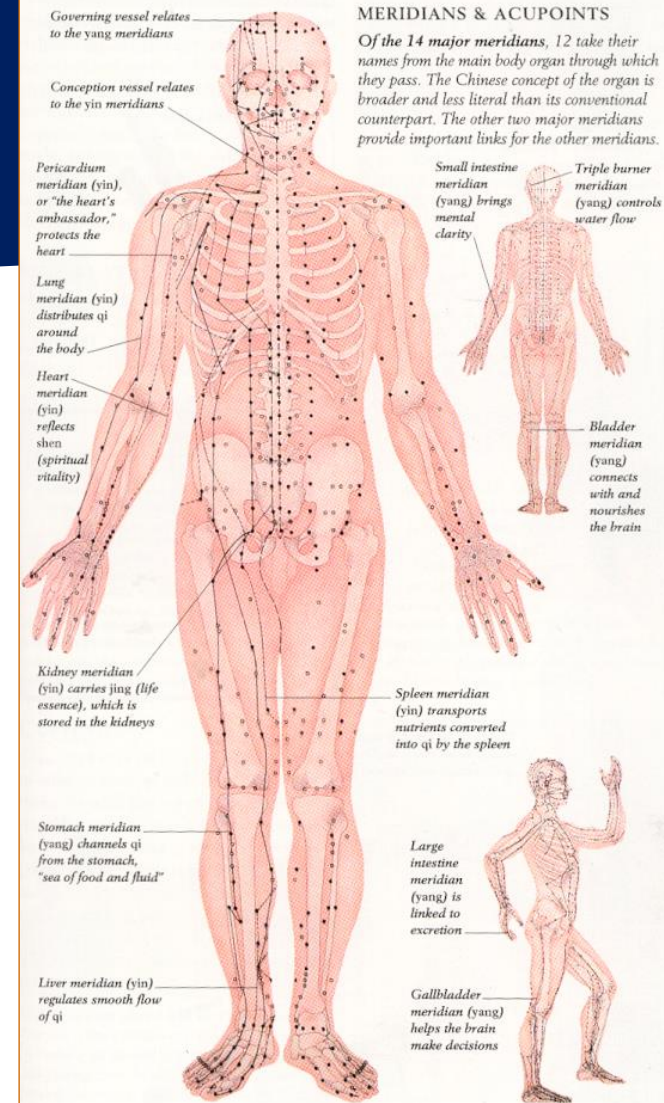
According to Eunice Ingham, every part of the body is reflected in a precise area, or reflex point, on the foot and hand. She developed a map of the feet to show these points.

THE THEORY OF MERIDIANS

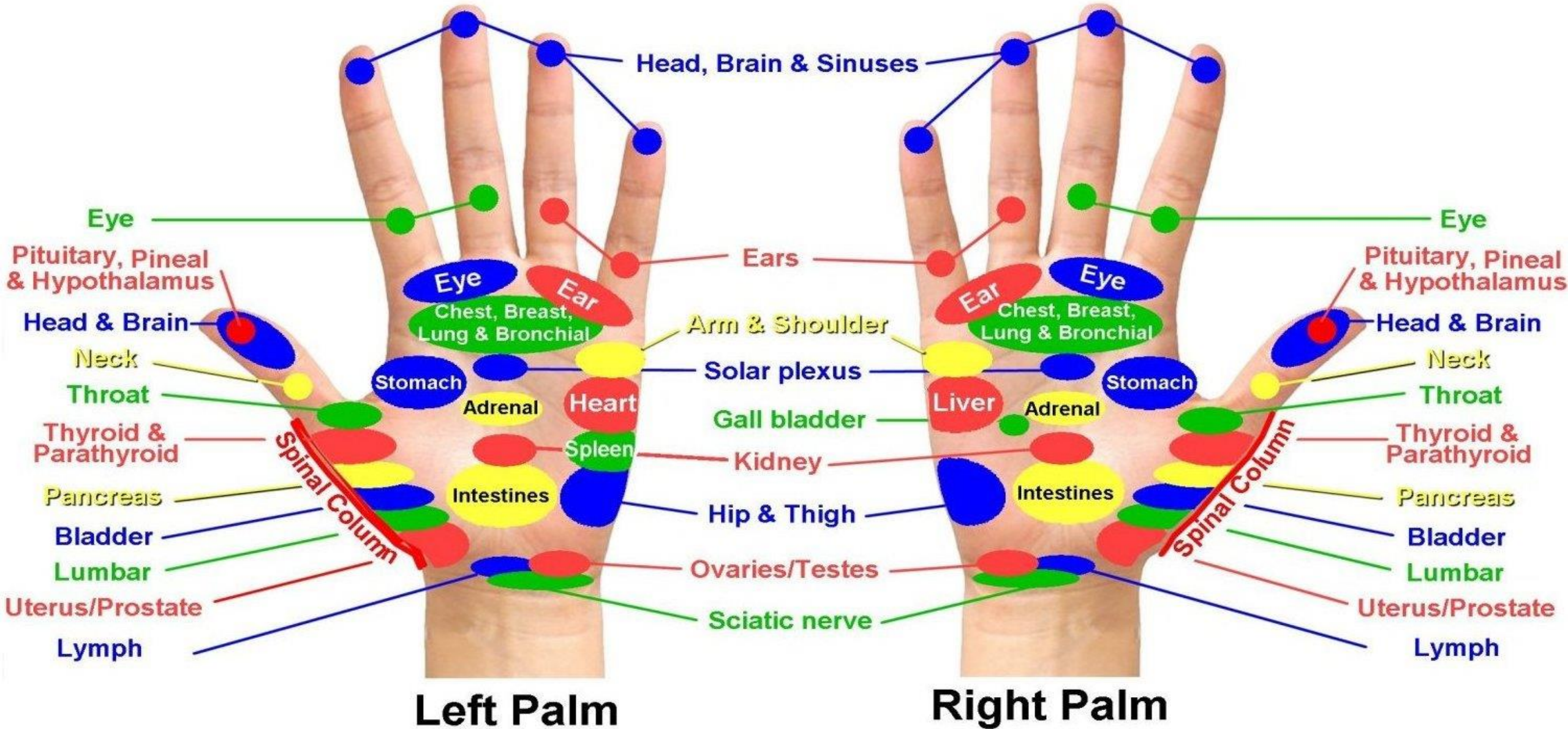
Qi, an invisible life energy, flows through yin and yang meridians just below the surface of the skin. Any disruption to the flow disturbs the balance of yin and yang and leads to illness. Acupuncturists improve the flow of qi by inserting needles into specific acupoints on the skin.

MERIDIANS & ACUPOINTS

Of the 14 major meridians, 12 take their names from the main body organ through which they pass. The Chinese concept of the organ is broader and less literal than its conventional counterpart. The other two major meridians provide important links for the other meridians.



Reflexology Hand Chart





Energy Fields

- Visualization
- Hypnotherapy
- Bio Feedback
- Chakras
- Kirlian Photography



Movement

- Yoga
- Tai Chi
- Pilates
- Egoscue
- Dance
- Power / Olympic / Plyometric Training
- Balanced Athlete – Johnny Gillespie
- MELT – Sue Hitsman



Neurosensory Therapy

 BOSO
BAREFOOT TECHNOLOGY



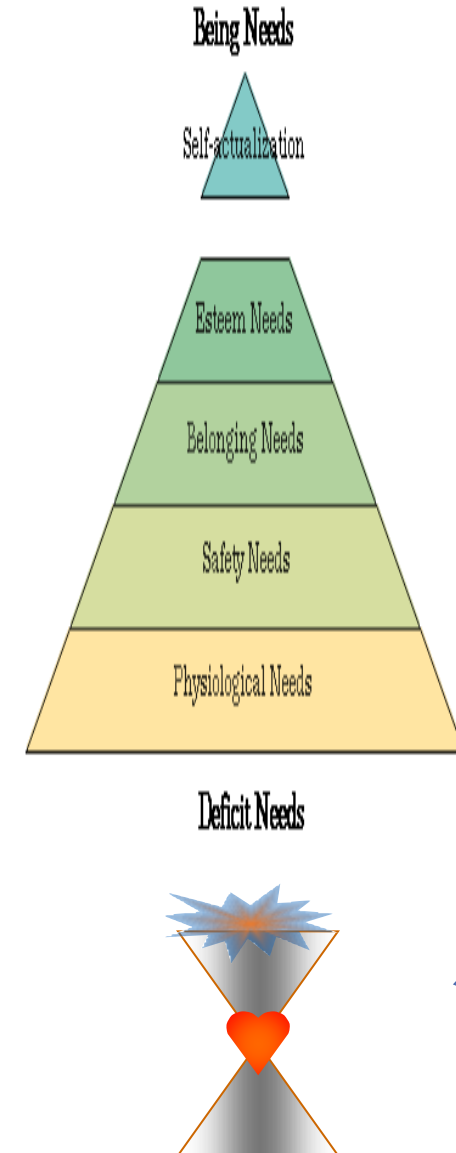
Grounding
Power Plates
Vagus Nerve



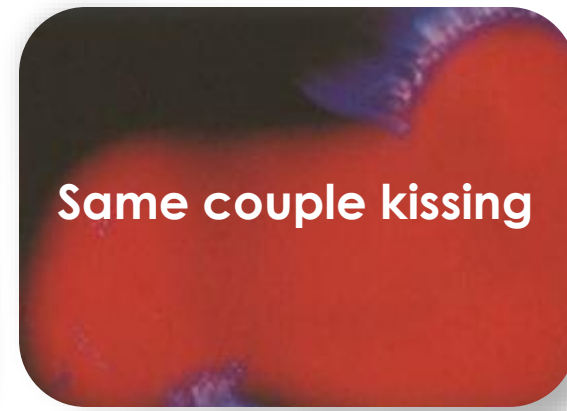
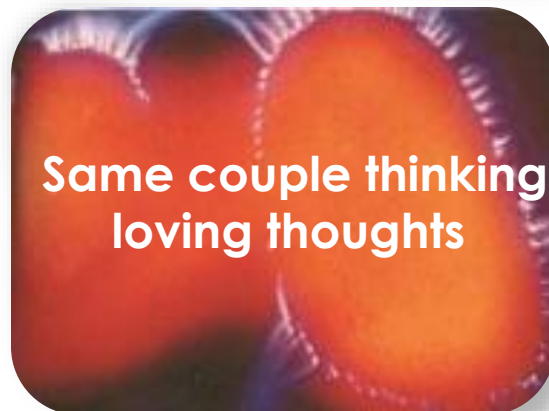
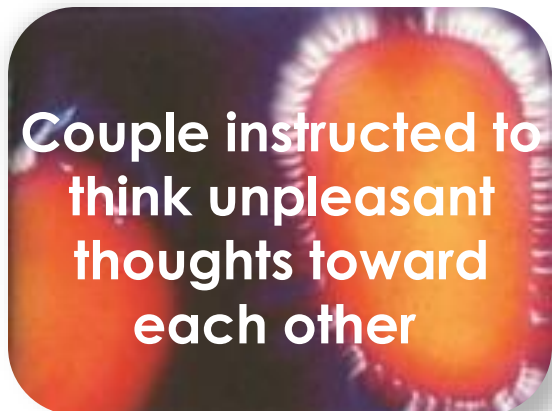
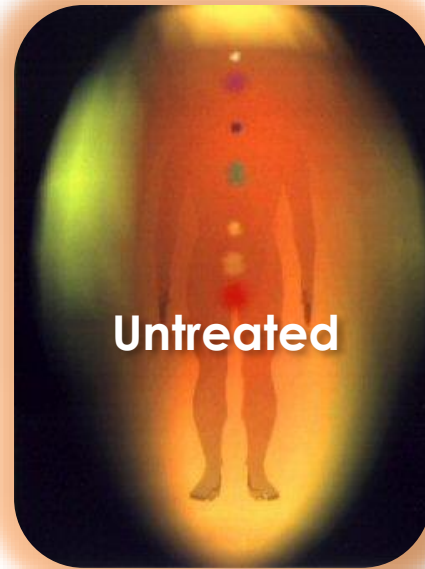
Chakras

Name	Color	Site	Element	Function
Sahasrara crown	Violet / White	Top of head	Thought	Enlightenment
Ajna Third Eye	Indigo	Center of brow	Light	Intuition
Visshudda Throat	Blue	Throat	Ether	Self Expression
Anahata Heart	Green	Center of chest	Air	Love / Compassion
Manipura Solar Plexus	Yellow	Above navel	Fire	Power / Emotions
Svadhistana Sacral	Orange	Lower abdominal	Water	Sex / Creativity
Muladhara Root	Red	Base of spine	Earth	Survival / Security

Maslow's Hierarchy



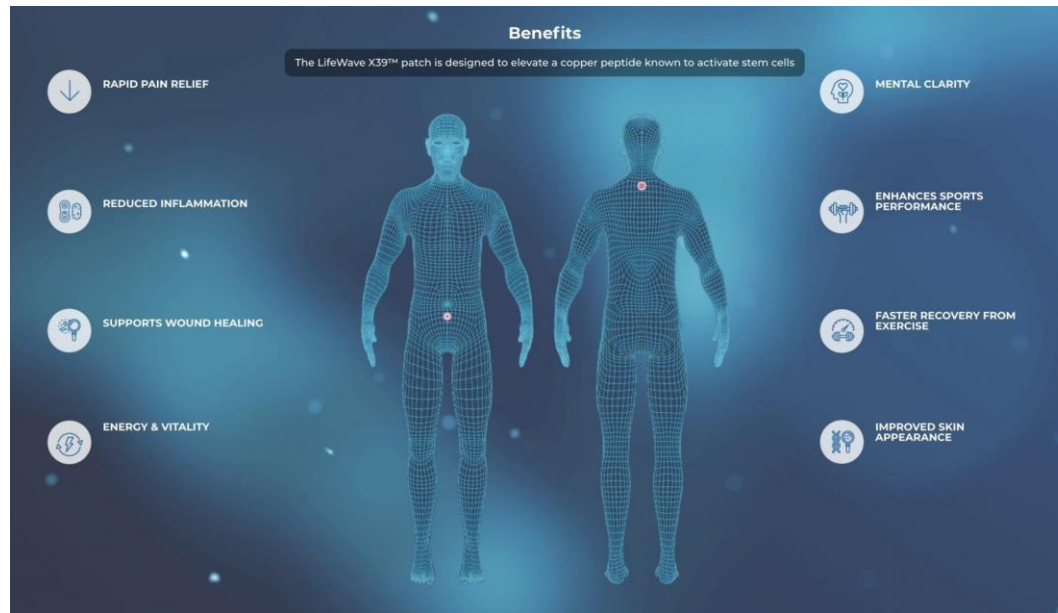
Kirlian Photography



Light and Stem Cell Therapy

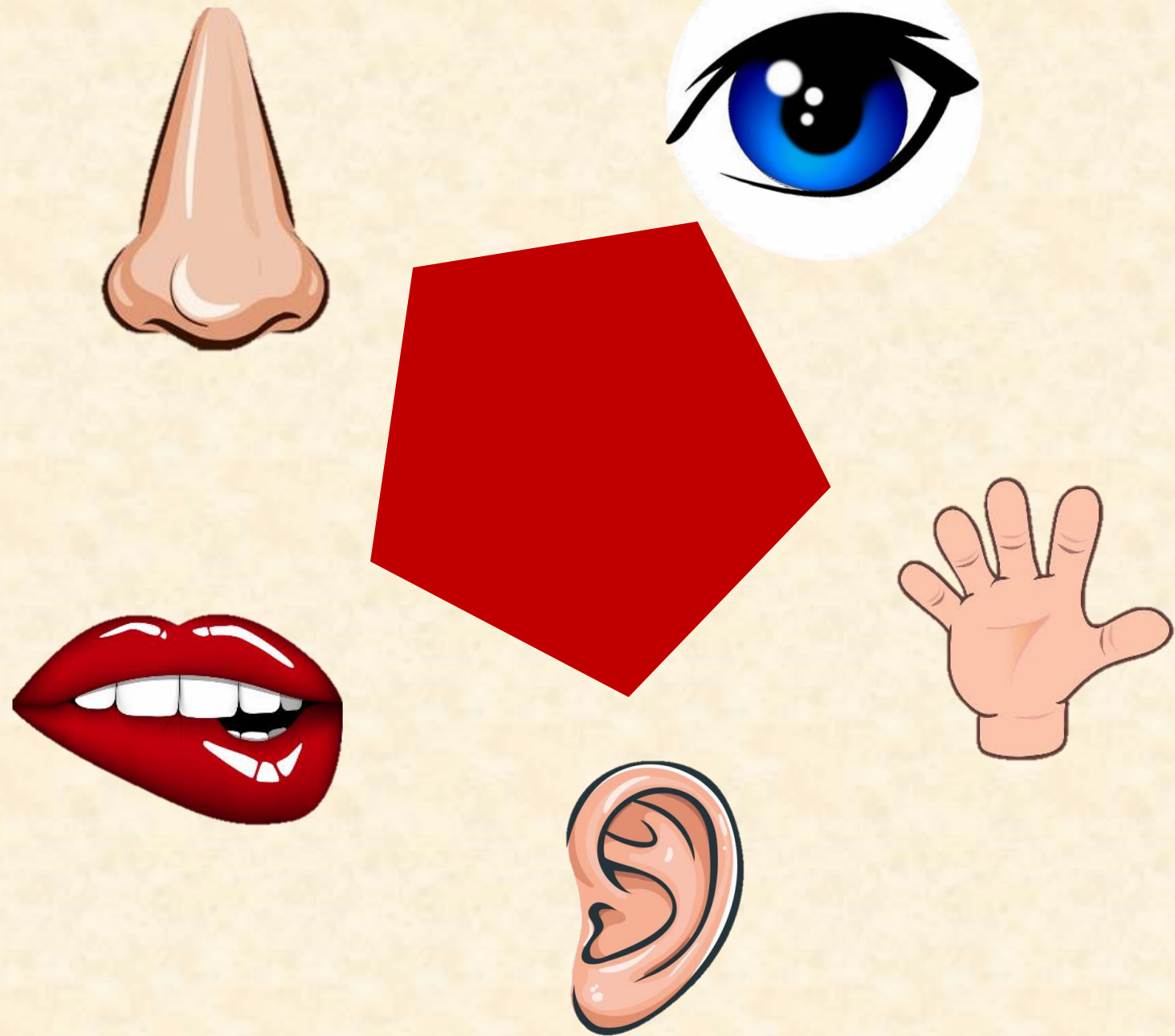
Benefits

The LifeWave X39™ patch is designed to elevate a copper peptide known to activate stem cells



- RAPID PAIN RELIEF
- REDUCED INFLAMMATION
- SUPPORTS WOUND HEALING
- ENERGY & VITALITY
- MENTAL CLARITY
- ENHANCES SPORTS PERFORMANCE
- FASTER RECOVERY FROM EXERCISE
- IMPROVED SKIN APPEARANCE

Sensory Elements





Alternative – Relaxation

- Hydrotherapy
- Heat / Cryotherapy
- Art
- Music
- Humor
- Psychoneuroimmunology



Psychoneuroimmunology

- Negative / Positive States
- Norman Cousins
 - *Anatomy of an Illness*



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Relaxation & Meditation / Breathing Techniques

Prepared by Mike Rickett MS, CSCS*D, CSPA, RCTP





Better Health Breathing




Contact me

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A person is shown in a yoga pose (Urdhva Dhanurasana) on a beach at sunset. The person's body is overlaid with a vertical rainbow chakra. Large, flowing fabric in shades of purple, pink, and blue surrounds the person. The background shows a sunset over the ocean with mountains in the distance.

Life Wellness Coach Client Evaluation

Prepared by Mike Rickett MS, CSCS*D, CSPS*D, RCTP*E



- ...be able to describe at least three wellness evaluations and their uses...



Quick Look at Evaluation

- Dynamic Postural Assessments
- Myers Briggs
- Enneagrams
- UFO's
- Aurvedic

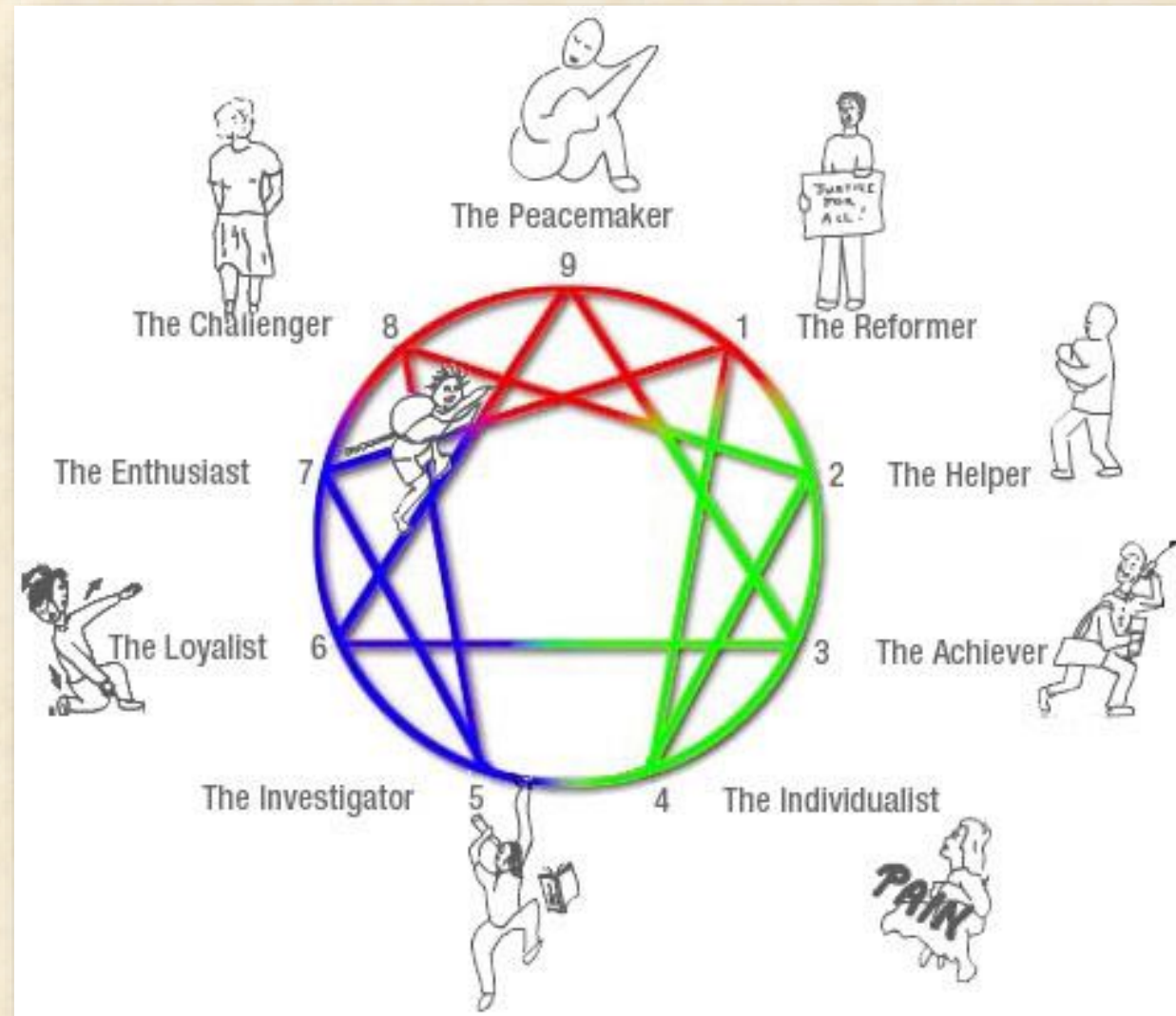


Myers Briggs

humanmetrics.com

- Extraverted
- INtuitive
- Thinking
- Judging

Enneagrams



similarminds.com

enneagraminstitute.com



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UFO'S

Unidentified

Fitness

Obstacles

- *The Mind-Body*

Makeover Project

by Michael Gerrish

Ayurveda

- History
- Key Principles
- Evidence & Research
- Medical Opinion



Vata

<i>Characteristics</i>	
Body Type	Very tall/short, low weight, underdeveloped
Complexion	dark, dry, thin
Hair	Dry, dark, curly
Teeth	Large, receding gums, crooked
Eyes	Small, dark, dull
Nose	Thin, small
Lips	Thin, small, dry
Hands & Feet	Small, dry
Joints	Thin, cracking
Nails	Dark, rough, dry
Sleep	Light interrupted
Appetite	Irregular, small
Taste Palate	Sweet, salty, oily
Temperament	Fearful, creative, unpredictable moods



Pitta

Characteristics	
Body Type	Medium height, average development, medium weight
Complexion	Fair, soft, warm, reddish
Hair	Soft, fine, light brown, red, gray
Teeth	Medium, yellowish, gums bleed easily
Eyes	Sharp, green, gray, penetrating
Nose	Medium
Lips	Pink, medium
Hands & Feet	Pink, moist, medium
Joints	Soft, loose
Nails	Soft, pink
Sleep	Sound
Appetite	Good, must eat regularly
Taste Palate	Sweet, warm, bitter
Temperament	Angry, ambitious, courageous, good memory



Kapha

<i>Characteristics</i>	
Body Type	Short-medium height, thick, well-developed, heavy, gains easily
Complexion	Pale, thick, cool
Hair	Thick, wavy, dark
Teeth	Large, white
Eyes	Blue, big, charming
Nose	Thick, large
Lips	Thick, smooth, firm
Hands & Feet	Large, oily, firm
Joints	Well-knit, thick
Nails	White, hard, thick
Sleep	Long deep, excessive
Appetite	Constant, slow digestion
Taste Palate	Sweet, dry, spicy
Temperament	Attached/possessive, happy, tranquil





Vata



Pitta



Kapha

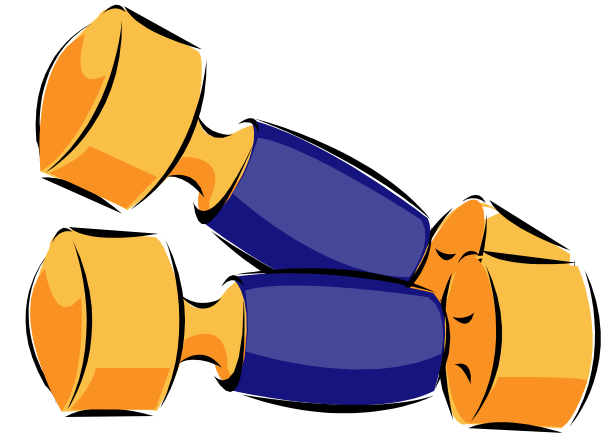
Doshas

Exercise



Doshas & Exercise

- Vata
- Pitta
- Kapha



Contact me

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A person is shown in a yoga pose, standing on a dark silhouette of a rock or cliff. Their body is overlaid with a vertical rainbow chakra. They are holding a large, translucent fabric that flows and billows in the wind, creating a sense of movement and energy. The background is a sunset or sunrise over a body of water, with a blue sky and dark mountains in the distance.

Holistic Tool Box for Success

Prepared by Mike Rickett MS, CSCS*D, CSPS, RCTP



Goal...

...be able to list
items you
would have in
your Wellness
Program...



Testing & Evaluation - PT

- Body Composition
 - Circumference Measurement
 - Skin Fold
 - Stomach / Rear
- Pulse Oximeter
- Overhead Squat



Non - Computer Evaluations

- Personal Evaluations
 - Traditional medicine
 - Non-Traditional -
Chiropractic
 - Psychological
- Health evaluations
- Medical reference lists
- Mentor / Mentees
- Phone Applications

Tools...the Internet

- Social Media
 - Facebook / Instagram / Twitter / etc...
- Ledger forms / eBooks / programs
fitness calculators / templates
 - www.applicationinmotion.com
- Surveys
 - Surveydog.com
 - Surveymonkey.com
- Website - design
 - Wordpress.com
 - Godaddy.com
 - 14 year olds





Training Made Tech Simple



- Online Personal Training
- Tech Toys
- Canned Programs



Tipping Point

- KISS
- Promotion products
 - 4imprint
- Brochures
- Cards
 - Vistaprint.com



A person is shown in a yoga pose, standing on a dark surface. Their body is overlaid with a vertical rainbow chakra. They are holding a large, translucent fabric that flows and billows in the air, creating a sense of movement and energy. The background is a dark, starry sky with a bright light source on the left, possibly a sunset or sunrise, casting a glow over the scene.

Programming a Wellness Lifestyle

Prepared by Mike Rickett MS, CSCS*D, CSPS*D, RCTP*E

...list and
describe ideas
for a Life
Wellness
Program...

Goal...



No Ideas?!

- Athletes
- Business professionals
- Domestic athletes
- Students
- Kids
- Special needs
- Disease care / rehab
- Orthopedic
- Etc...



Recovery

- Hot Tub

Cold Tub / Shower

- Sauna

Cold Tub / Shower

- Steam

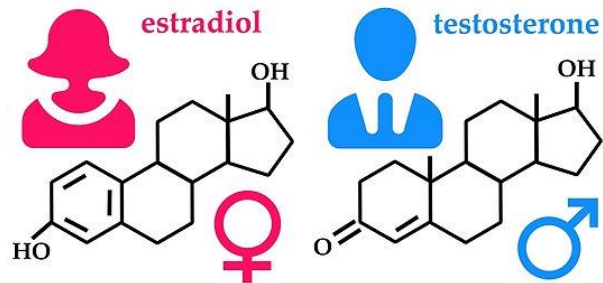
Cold Tub / Shower



Alternative

- Men
- Women
- Heart
- Inflammation
- Weight Management
- Stress

Testosterone Estrogen Balance



5 Critical First Steps

- *Recognize Your Potential*
- *Professional Commitment*
- *Train for the Experience*
- *Live the Life*
- *Grow your Practice*



Goals

- Specific
- Measurable
- Attainable
- Realistic
- Time



Current Situation

- You are the product of your best intentions.
- Where are you going?



Commitment

- What is the level of sacrifice?
- Behavior modifications
- Time
- Money
- Interaction



Accountability

- Held accountable to who?
- How often?
- By what mode?
- Support for wayward actions



Ledger

- Journal your
 - successes,
 - failures,
 - emotions, etc.
- Chart your progress
- Refer back for direction



Game Plan for Success

- Goals
 - Short
 - Long
- Current Situation
- Commitment
- Ledger
- Accountability
- Rewards



Rewards!

- Intrinsic
- Extrinsic



Success Traits

- Totally committed & passionate attitude
- Gain the knowledge you need
- Own your market (specialize)
- Create value providing return
- There is abundance!

Be you!



Becoming Unstoppable

- Devote yourself
- Follow your passion
- Believe in yourself
- Prepare and anticipate challenges
- Build support team and use them
- Develop creative solutions
- Never give up

ABC's to Success

- Arrive at your niche
- Brand your niche
- Create
 - Your place



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