



Life Wellness Coaching / Become Empowered

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





Goal...

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



5 Critical First Steps

1. Recognize your Potential
 2. Professional Commitment
 3. Training for the Experience
 4. Live the Life
 5. Grow your Practice
- 

Fitness Elements

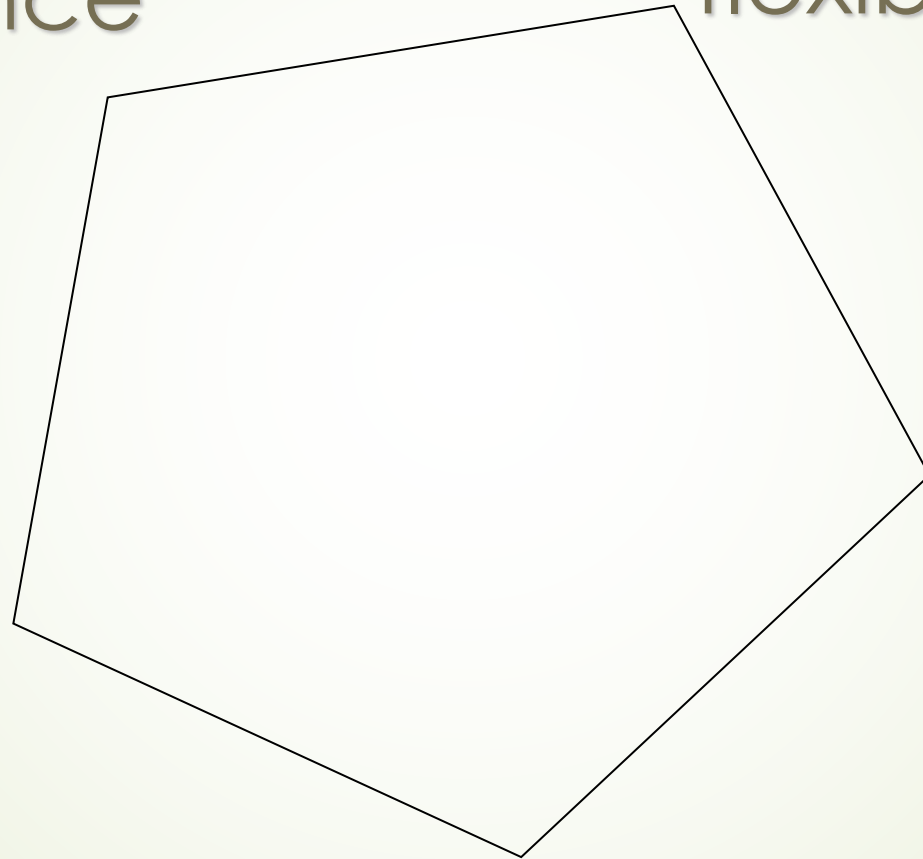
endurance

flexibility

agility

strength

body comp



New Food Plate






Stress Management

Mental - professional

Emotional - family

Physical - activity



Business in 2020's

- Tim Ferriss
- Social model
- Malcom Gladwell
- Intangible model





Holistic Modalities for Wellness

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Goal...

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



Professional

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



“Mainstream”

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

- Massage
 - Rolfing
 - Shiatsu
 - Feldenkrais
 - Sports

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.

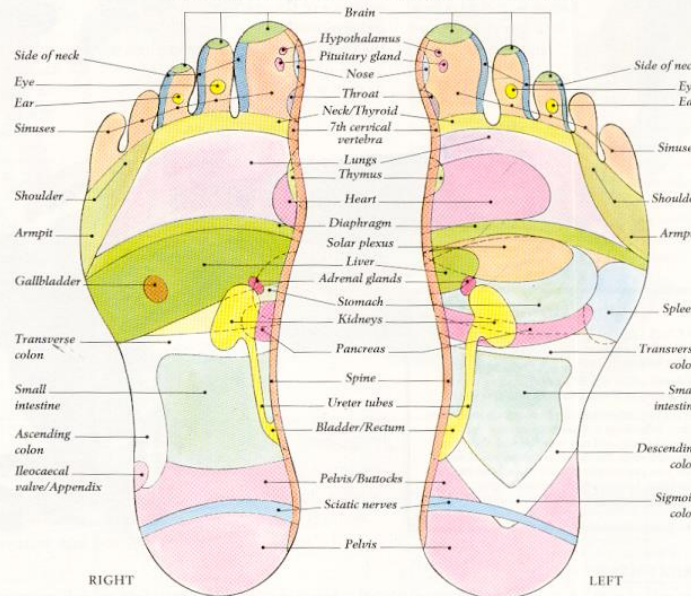
THE ZONES



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



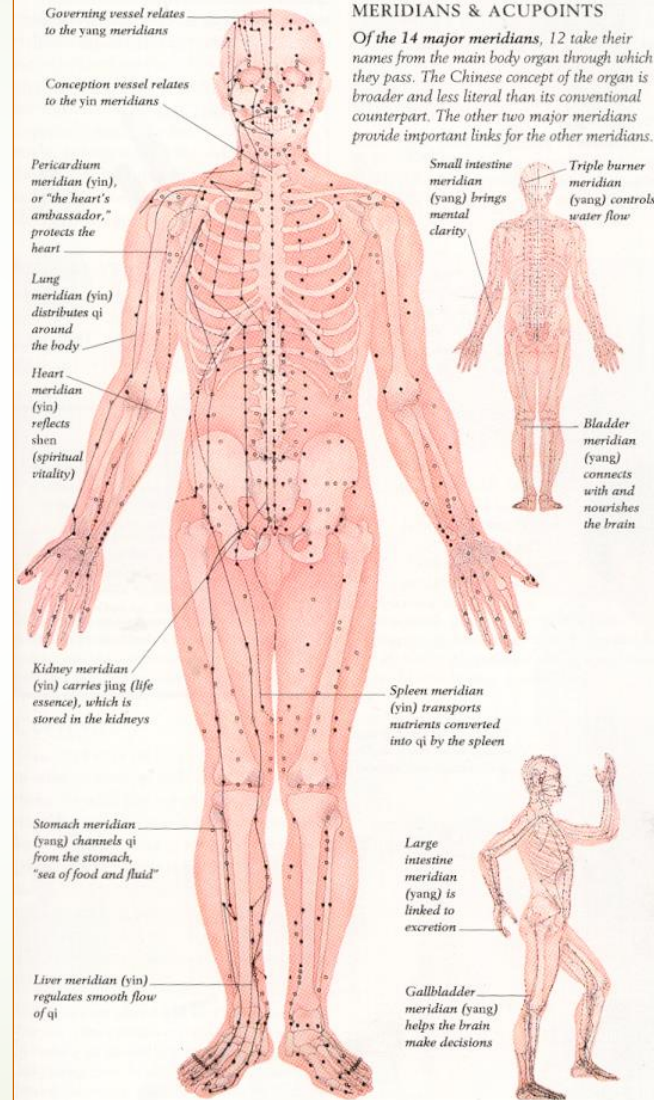
According to Eunice Ingham, every part of the body is reflected in a precise area, or reflex point, on the foot and hand. She developed a map of the feet to show these points.

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.

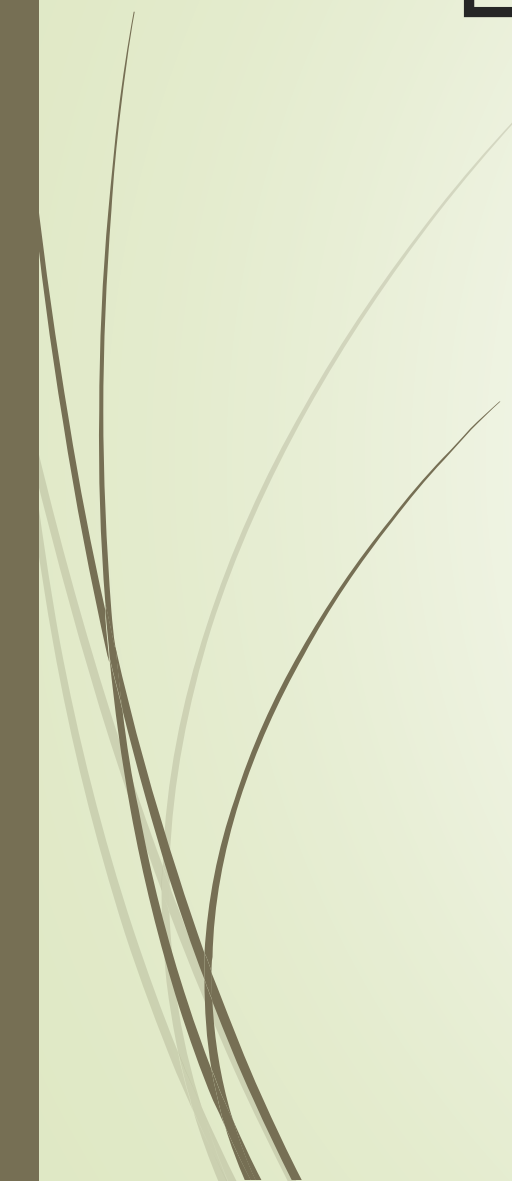
MERIDIANS & ACUPOINTS

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.






Energy Fields

- Visualization
 - Hypnotherapy
 - Bio Feedback
 - Chakras
 - Kirlian photography
- 



Movement

- Yoga
- Tai Chi
- Pilates
- Dance
- Power / Olympic / Plyometric Training



Alternative - Relaxation

- Hydrotherapy
- Art
- Music
- Humor
- Psychoneuroimmunology



Life Wellness Coach Client Evaluation

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Goals...

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



A Quick Look at Evaluation

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

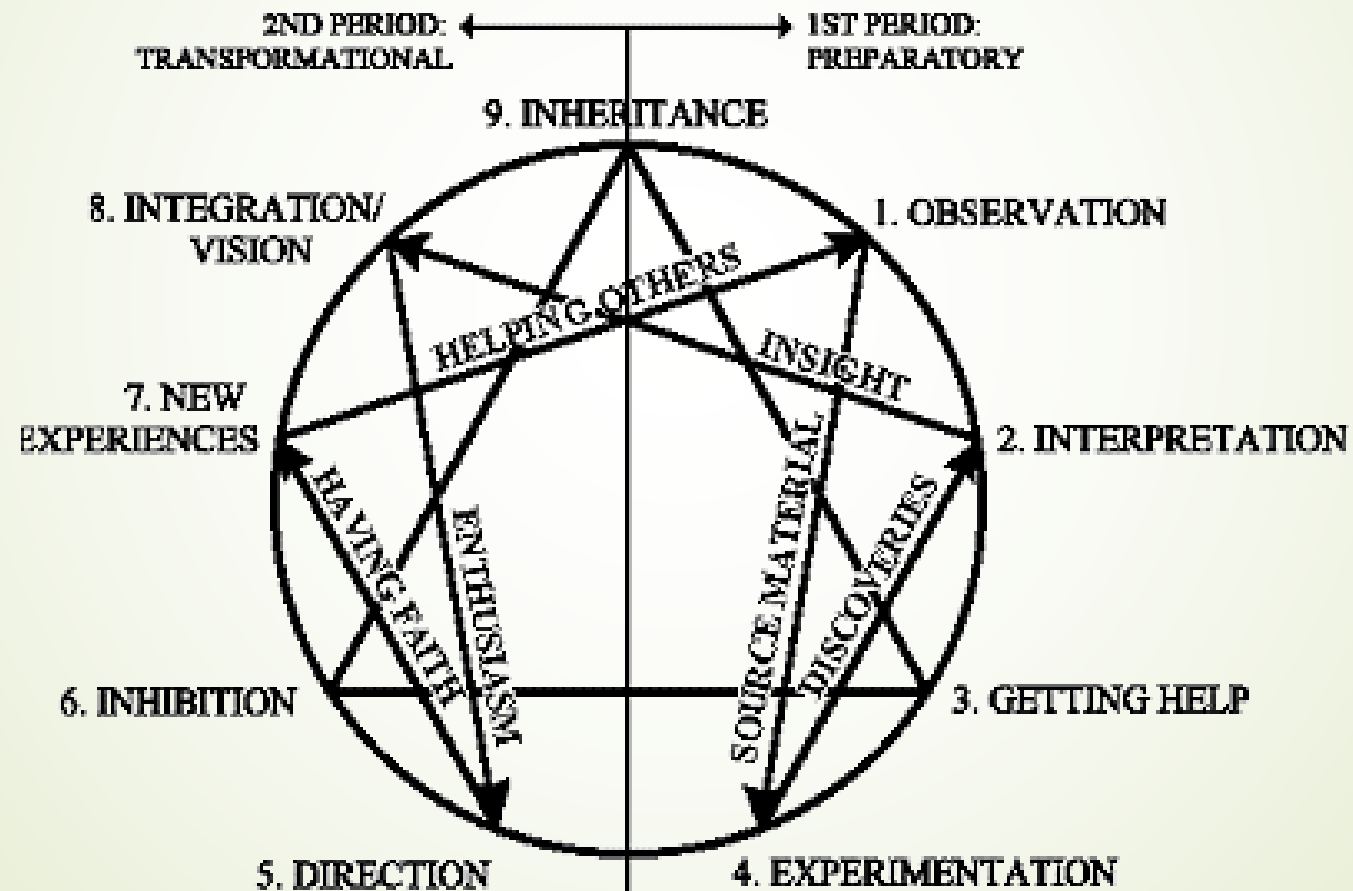


Myers Briggs

humanmetrics.com

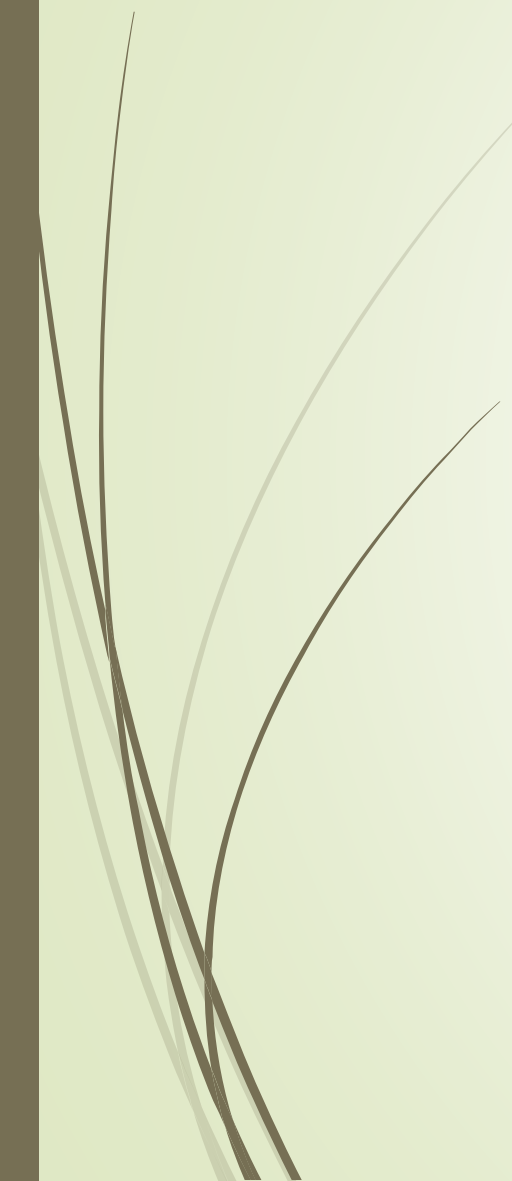
- **E**xtraverted
- **I**Ntuitive
- **T**hinking
- **J**udging

Enneagrams





UFO's

- Unidentified Fitness Obstacles
 - *The Mind-Body Makeover Project*
by Michael Gerrish
- 



Ayurveda

Body, Mind Sport, John Doulliard

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

Doshas

Vata



Pitta



Kapha



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

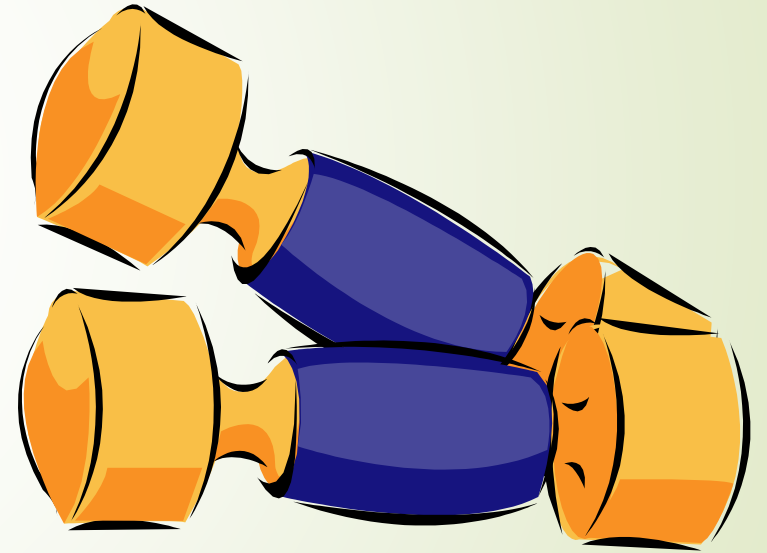
<i>Characteristics</i>	
Body Type	Medium height, average development, medium weight
Complexion	Fair, soft, warm, reddish
Hair	Soft, fine, light brown, red, gray
Teeth	Medium, yellowish, gums bleed easily
Eyes	Sharp, green, gray, penetrating
Nose	Medium
Lips	Pink, medium
Hands & Feet	Pink, moist, medium
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

Doshas & Exercise

- ➔ Vata
- ➔ Pitta
- ➔ Kapha





Vata Exercise Preference

- ▶ Quick bursts of high activity.
- ▶ Quick to start a program,
 - ▶ but also likely to give it up just as quickly.
- ▶ Your mind is constantly in a whirl.
- ▶ The ideal exercise to balance Vata incorporate
 - ▶ slow movements, not be too tiring, and help settle the mind and body
- ▶ Slow dancing, low impact aerobics, tai chi, leisurely swimming in warm water, badminton, walking and yoga are examples
- ▶ Fragile build, non-contact/impact activities
- ▶ Injuries?



Pitta Exercise Preference

- ▶ Fiercely competitive and demanding of yourself
 - ▶ Like competition and winning.
- ▶ Individual activities requiring strength, focus, speed
- ▶ Gets frustrated when you fall short of your goals
- ▶ To keep in balance, exercise options should allow for enjoyment as well as competitiveness, and be cooling for mind and body
- ▶ Water, ice or snow-based activities such as swimming, downhill skiing, rowing, surfing and water-skiing are good choices. Walking or jogging in a cool shady area, tennis and yoga are also good Pitta-balancing options
- ▶ Injuries?



Kapha Exercise Preference

- Excel at activities requiring endurance & doggedness
- Enjoy team sports and do not get upset if the scoreboard is not in their favor
- May be motivated to exercise, preferring a more sedentary lifestyle
- Activities to balance Kapha should draw on the strength and endurance power of the Kapha individual but also seek to stimulate and generate intensity and liveliness
- Distance walking or running, basketball, racquetball, football, aerobics, ice skating, cross country skiing and cycling are examples of Kapha-balancing exercise activities
- Injuries?



Holistic Toolbox for Success

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





Goals...

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



Testing and Evaluation - PT

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

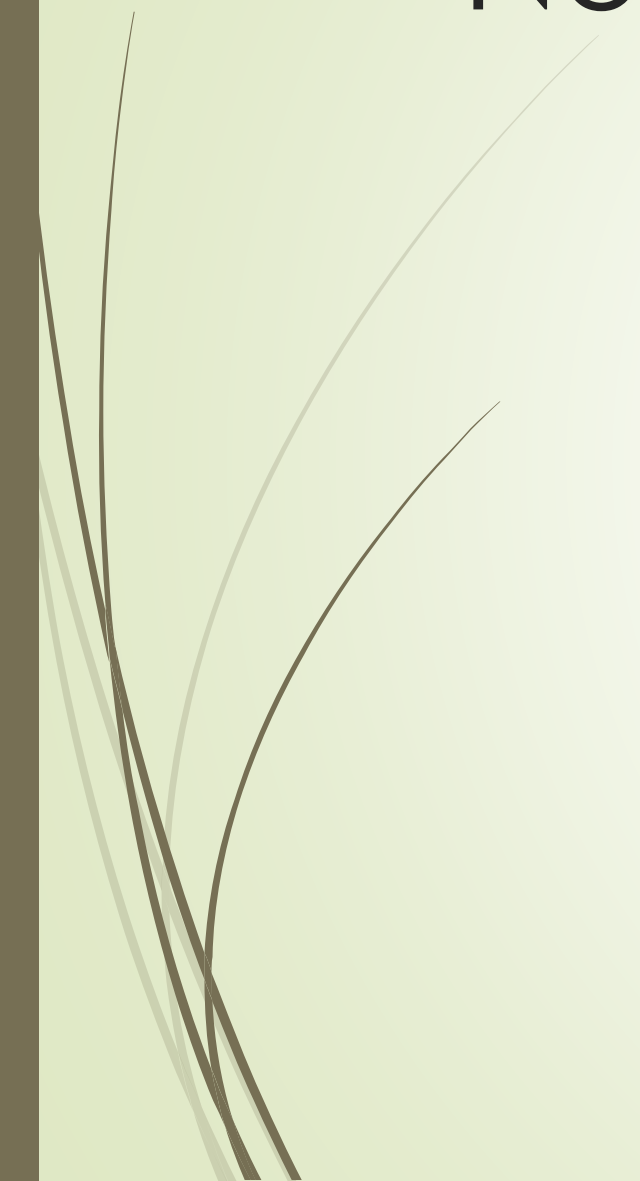


Web Assistance

- humanmetrics.com
- similarminds.com
- supplementwatch.com



None-Computer Evaluations

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



Tools...the Internet

- ▶ Ledger forms / books / fitness calculators
 - ▶ Mikerickett.com
- ▶ Surveys
 - ▶ Surveydog.com
- ▶ Website - design
 - ▶ Sitebuildit.com
 - ▶ Homestead.com
 - ▶ Wordpress.com
 - ▶ Godaddy.com



Tipping Point

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



Programming a Wellness Lifestyle

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No Ideas?!

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

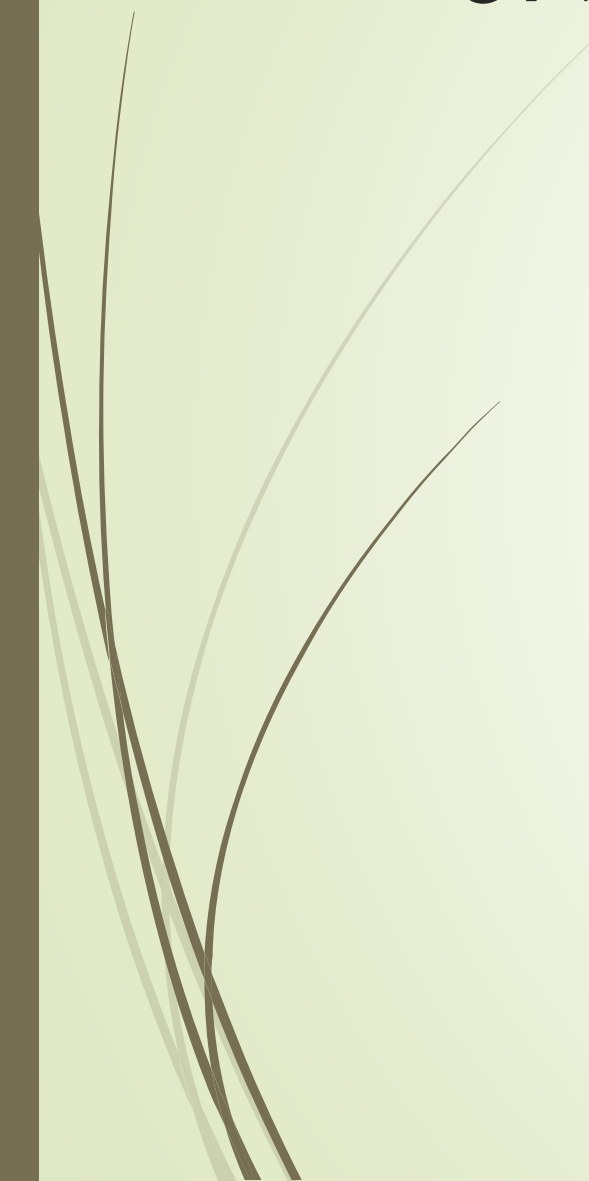


5 Critical First Steps

1. Recognize your Potential
2. Professional Commitment
3. Training for the Experience
4. Live the Life
5. Grow your Practice



SMART Goals

- Specific
 - Measurable
 - Obtainable
 - Realistic
 - Timetable
- 



Necessary Steps

- Current Situation
 - Commitment
 - Accountability
 - Ledger
 - Game Plan
 - Rewards
- 



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



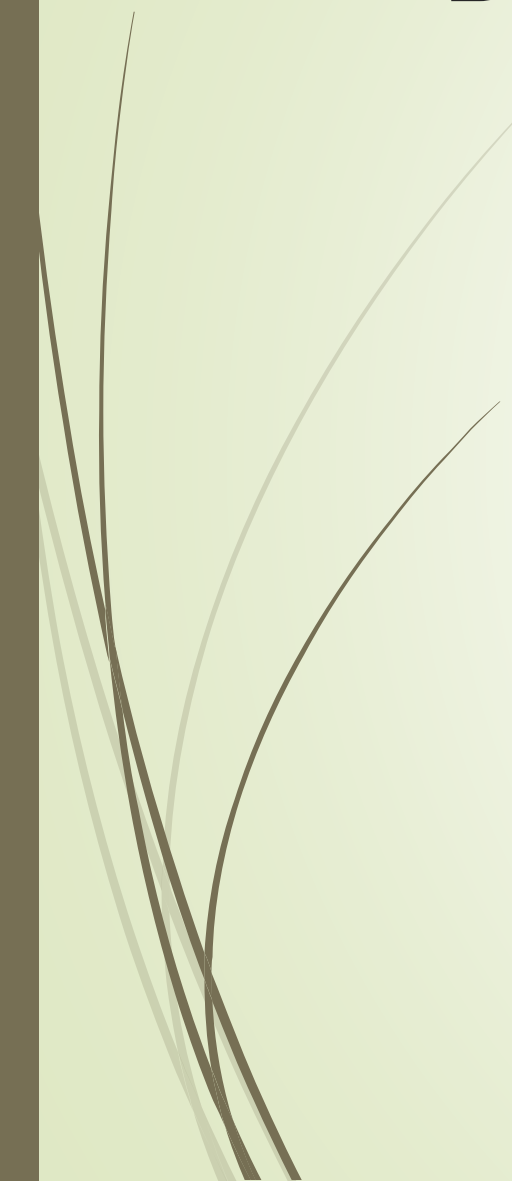
Success Traits



- Develop an attitude that is totally committed and passionate
- Gain the knowledge you need to do what you want to do
- Own your market (specialize) – all the knowledge to use to differentiate
- Create value providing return
- Trust that there is abundance



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
- 



Overall Review

1. See opportunity to succeed
 - Weakness vs. uniqueness
2. Use your uniqueness
3. Have the right motive
4. Make a decision at the right time
5. Take action
 - Action causes fear

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