



Nesfield Performance

Taking Personal Training to the Next Level

## THE 5 PILLARS OF PERFORMANCE COACHING

### Mind

Your thought process, mood, value system and behavioral patterns all impact the health decisions you make. Here at NP, we will help examine your current mindset in order to move forward, creating the healthy habits of mind that lead to optimal performance.

### Regeneration

Rest and recovery are vital to self-healing, concentration and focus...which leads to high performance. Via improved sleep patterns, mobility training, massage, and infrared sauna therapy, NP will help you optimize your body's ability to recover.

### Nutrition

Good nutrition is not a quick-fix, 30-day weight loss challenge. Food is medicine, so optimal nutrition means choosing the right foods for your body, every single day. NP works with you to discover those foods and create long-lasting habits that will give your body what it needs.

### Physical

Through our developmental years, we learn how to move and function by watching those around us and being inquisitive about what every part of our body does. At some point, that process becomes subconscious, and we stop filtering out unnecessary information, which means injuries and other negative events can turn into bad habits. At NP we don't just want to help you get physically fit, but help you understand how your body moves, and benefit from the improved balance and strength that come with greater body awareness.

### Lifestyle

Is your life everything you want it to be? A strong mindset and a sustainable routine are the foundation of a healthy lifestyle. At NP, we help you reach your goals with performance coaching: evaluating where you are right now, identifying the habits that will make your goals a reality and holding you accountable. Let our talented team of professionals help you create the life you deserve. Start your training today!

