



Hello! I'm Nicole Anne, a **Health Coach** in Manchester, NH.

Unleash your potential and bio-hack into the results you want in your body. We'll focus on **fitness and nutrition**, your **body-mind-spirit connection** using incremental **habit changes** to achieve long term health and happiness!

*All services are offered virtually and locally in the Manchester, NH area.*

As you review the list of health coaching benefits below; consider how your life can be transformed in the next 3 / 6 / 9 months!

## **Health**

- Heal yourself with fitness, nutrition and self-love.
- Long term preventative care
- Maintain a healthy size and weight, specific to you
- Increased immunity and longevity
- Look and feel younger
- Energy for family, friends, hobbies, activities and new things
- Decrease symptoms resulting from chronic emotional and physical stress
- Feel happy, relaxed and fulfilled
- Experience positive interactions with others
- Improved decision making
- Grow self confidence



## **Fitness**

- Unleash your passion for movement
- Try new things in the community or online
- Discover your favorite activities

## **Nutrition**

- Decrease bloating and digestive distress
- Increase energy and weight-loss
- Use food as medicine and fuel
- Be aware of when you're eating for comfort
- Learn strategies to avoid self-sabotage
- Learn to understand what your body is requesting from cravings
- Find healthier alternatives to your favorite comfort foods
- Discover delicious whole foods
- Learn simple, easy ways to cook balanced meals
- Stabilize blood sugar with "magic" meals and snacks
- Eliminate cravings
- Vegetarian and Vegan
- Gluten / Dairy / Sugar-free
- Anti-Inflammatory foods
- Intermittent fasting
- Reduce caffeine or alcohol
- Enjoy the sensory experience of eating



## **Happiness**

- Deepen and honor the intuitive connection to all aspects of yourself
- Improve relationships by radiating your positive energy out to others
- Self-Love
- Body
- Mind
- Spirit

## **New Habits**

- Incremental habit changes over time lead to BIG, lasting results.
- Reveal root causes of problems
- Break free from old inhibitions and patterns
- Create a new lifestyle
- Reach your goals

## **Success**

- Long-term changes that stay with you and continue to build over time
- Open communication
- New perspectives
- Customized solutions for you
- Create time, space and systems for a new lifestyle
- Patience with stabilizing upwards progress, it's a learning curve
- Accountability, I'm here for you
- Challenge you to grow with tough love
- Commit to positive, long term changes
- Lifelong friendship and support