

Coaching



Health & Wellness Coaching
Activ Life



1:1 Coaching

- holistic focus: movement, nutrition, mindfulness, stress management
- clear, manageable steps to prevent feeling overwhelmed
- healthy, balanced nutrition for building strength and energy



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give yourself (or a loved one)
the gift of doing great things for your body,
your well-being & your long term health



kick off the new year by making beneficial and
lasting wellness changes:

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