



CHEK Holistic LifeStyle Coaching Program – level 1

This three-level program is based upon the techniques that have helped thousands of people increase vitality, decrease stress and sculpt the body of their dreams. Each level looks in increasing detail at the underlying causes of disease and stress, considering the body as a “system of systems.” Using a coaching model, you will learn how disease and stress are preventable through healthy eating habits, lifestyle management and appropriate types of exercise.

You will understand why every meal, every bout of exercise and every late night has a hormonal consequence. You will be given tools, such as in-depth questionnaires, to assess your clients or yourselves and allow you to determine their or your readiness for change.

Benefits

No matter what your profession, you'll likely agree that just because someone is not sick, does not mean he is well! Most chronic diseases take years to develop, but a healthy lifestyle can go a long way toward prevention. The information presented in the CHEK Optimal Health and Fitness through Practical Nutrition & Holistic Lifestyle Coach Program (CHEK HLC) does not include “quick fixes”- which never work long term-but instead uses proven principles which build a strong foundation of health.

Fitness Professionals can provide their clients with the missing link to achieve the body they want and to improve their vitality and energy levels.

Chiropractors, Physical Therapists and Rehabilitation Specialists can use the special assessments and principles taught in this series of courses to help them achieve lasting results and improve the structural integrity of their patients!

Alternative Health care Providers and Massage Therapists can quickly increase their value by offering their clients practical ways to live a lifestyle more in tune with the therapy they are providing.

Even those that are not fitness professionals will enjoy this course! CHEK HLC 1 is

designed for the layperson and professional alike, teaching the foundational principles of the CHEK approach to health and wellness. You can easily apply these techniques and methods to yourself and your family.

CHEK HLC 1

This is the foundation of the CHEK Holistic Lifestyle Coach program and can be implemented by anyone. Laypersons and health and fitness professionals have thoroughly enjoyed and benefited from this course. While using yourself as a case history you will learn: How to identify problem issues and roadblocks to success and the order in which they need to be addressed. Understanding how sleep, stress, nutrition, digestion and exercise are correlated.

Gain insight to health cycles such as physical, mental, emotional and spiritual aspects plus much, much more!

Required pre-course reading:

How to Eat, Move and Be Healthy! by Paul Chek (can be bought at Eleiko Sport)

FACTS

Presented by: JP Sears

Date: 17-19/4 or 6-8/11 2009

Place: Eleiko Sport Center, Halmstad, Sweden

Price: 4.900:- SEK excl. VAT (*approx 445 EURO*)

The price includes lunch, fruit break, examination & education material

REGISTRATION

Please contact Eleiko Sport by e-mail or phone:

e-mail: info@eleikosport.se

Phone: +46 35 17 70 70