



# Introduction To Healthy Living



myHealthCoach

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Welcome to my in-depth coaching on 'How To Live A Healthy Life'.

My coaching comes from my experience of conducting over 20,000 client coaching sessions and helping educate 100's of different clients on how to live a healthy life by implementing the right daily habits and behaviours. Every one of my clients, over the last 20 years, has hired me to help them achieve a health or fitness-based goal.

Either weight loss, body transformation, becoming fitter and stronger, or just to feel better.

Even though I was able to help them achieve great results, I knew that as soon as the client stopped training with me, they would go back to their old ways.

I got into this industry to help people change their lives by improving their health and fitness, so it was frustrating to bump into clients years after coaching them and find that they didn't carry on with what I taught them.

Of course, the more you learn, the more you know. So, I have always tried to learn something new from all the clients I have coached.

This in turn has made me a better coach and better understand what it will take to not just change someone's life for the better but to change it for many years to come.

My belief is, the more you know about something the better choices you can make. Knowledge is the key to success.

With regards to health and fitness, the more you know about what positive benefits you can gain from exercise, nutrition and healthy lifestyle habits, the more likely you will implement them.

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With knowledge comes empowerment. Empowerment brings the belief that what you are doing is the right thing and will produce the results you are looking for.

My goal in coaching you is to empower you to make the right long-term changes needed, giving you the best chance to live the healthiest life you can.

Each week you will be provided with the coaching I provide to all my clients, either face-to-face or online.

This will come in the form of coaching lessons on exercise, nutrition, lifestyle and mindset, and a daily health checklist to help you stay on track and focused.

The coaching I will provide you is for you to use for the rest of your life, as your health will never stand still. It will either get better or get worse.

So don't just see what you learn as helpful for today. I want to bump into you in the coming years and find that you are still applying what you have learnt today. That is what is called a 'Win, Win'.

## **Getting Started**

Over the next couple of day's, you will receive login details for your personal health tracking app.

Your personal health tracking app is also where I want you to complete your daily health checklist. It is also where you can message me with any questions and log activity levels, nutrition, hydration and sleep.

Your daily health checklist has been designed to show you the most effective healthy habits I recommend you follow daily.

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The aim is to always work on increasing your compliance and the number of healthy habits you implement.

The following is an outline of what level of compliance will produce the best results:

## **Score 0-40%**

You will likely maintain your current level of compliance at this level of compliance, but continued weeks at this level of compliance might decrease your health.

## **Score 40-70%**

You will start seeing improvements in your health at this level of compliance. If you continuously stay at this level of compliance, you will be able to maintain the gains you have made but will see any progress slow and come to a stop.

## **Score 70-100%**

At this level of compliance, significant improvements in your health, fitness and well-being will start to happen. If you stay at this level of compliance, you will see continued health improvements. This is the level of compliance I see the best results in my clients.

I will explain in more detail the daily healthy habits I recommend, which you will receive soon. So welcome and I look forward to working with you.

Chris Deavin