

Building A Healthy Lifestyle



Christine Ly

Intro

WHO AM I?

I am a 47 year old mother of 6, I have four adult children and two teenagers! I am a professional therapeutic counsellor, yoga & fitness teacher. I have worked in private, corporate and government sectors supporting individuals and businesses live their mission and purpose for over two decades. I am a business owner and lifestyle coach at Christinely Living. My passion is helping women unleash their best lives!

WHAT IS A LIFESTYLE COACH?

As a lifestyle coach I am a professional who helps you make positive changes in your lifestyle to improve your overall health and well-being. I work with clients in various areas of your life, including nutrition, exercise, stress management, sleep, and other health-related behaviours.

The role of a lifestyle coach is to provide support, guidance, and accountability to my clients, helping you to set and achieve your health goals. I use various tools and techniques to help my clients, including education, motivation, behaviour change strategies, and goal setting.

Lifestyle coaching is a collaborative, client centred process that focuses on creating sustainable lifestyle changes. I work with my clients to identify their values, priorities, and goals, and help you develop a personalized plan to achieve your goal. I provide ongoing support and accountability to help my clients stay on track and make progress towards your goals.



Lifestyle Program Overview

12 WEEK LIFESTYLE PROGRAM

- 1:1 Coaching Call
- Lifestyle Tracker
- Personalized Program
- Customized Nutrition Plan
- Exercise Plan
- Weekly Check-Ins
- Weekly Coaching Calls

5 PILLARS OF THE LIFESTYLE PROGRAM

1. Sleep
2. Hydration
3. Nutrition
4. Exercise
5. Stress Management

Nutrition

MACRONUTRIENTS

Carbohydrates: Carbohydrates are the body's primary source of energy. They are broken down into glucose and used by cells for energy. Sources include grains, fruits, vegetables, legumes, and sugary foods.

Proteins: Proteins are essential for the growth, repair, and maintenance of body tissues. They are made up of amino acids, which are the building blocks of protein.

Sources include meat, fish, poultry, dairy products, beans, and tofu.

Fats (Lipids): Fats are a concentrated source of energy and are necessary for various bodily functions. They play a role in the absorption of fat-soluble vitamins (micronutrients). Sources include oils, nuts, seeds, avocados, and fatty fish.

MICRONUTRIENTS

Vitamins: Vitamins are organic compounds required in small quantities to support various metabolic processes and maintain health. There are two categories: fat-soluble (A, D, E, K) and water-soluble (B vitamins and vitamin C). Each vitamin has specific functions, such as immune support (vitamin C), bone health (vitamin D), and vision (vitamin A).

Minerals: Minerals are inorganic nutrients that are also needed in small amounts for various physiological functions. Examples include calcium (for bone health), iron (for oxygen transport in the blood), and potassium (for nerve and muscle function).

Trace Elements: These are a subset of minerals that are required in even smaller amounts, often measured in micrograms. Examples include iodine (for thyroid function), zinc (for immune health), and selenium (for antioxidant defence).