

Client Name:

Email:

Phone:

Start Date: _____, 2008

Aging Fabulously™ Lifestyle Plan Matrix

www.agingfabulously.com

Healthy Lifestyle Counseling for Adults

Choose sessions to match your healthy living goals.

	Dining Fabulously! Nutrition Counseling	Fit & Fabulous At Any Age! Exercise Plans	Fabulous Rest & Relaxation! Stress Management Practices
Motivation to Live Well Lifestyle Plan I* Let us help guide you out of known health-risk ranges by creating healthier everyday lifestyle behaviors.	<input type="checkbox"/> Choosing a Balanced Eating Plan and Learning Portion Control <input type="checkbox"/> Understanding Food Labels <input type="checkbox"/> Controlling Emotional Eating <input type="checkbox"/> Grocery Cart Makeover** <input type="checkbox"/> Kitchen/Pantry Makeover**	<input type="checkbox"/> Getting Daily Physical Activity <input type="checkbox"/> Understanding Energy Balance <input type="checkbox"/> Managing the Important Health Numbers** <input type="checkbox"/> Creating a Healthy Body Image** <input type="checkbox"/> Finding Exercises You'll Love**	<input type="checkbox"/> Creating a Philosophy of Personal Health <input type="checkbox"/> Mindful Breathing Practices <input type="checkbox"/> Minding the Body's Stress & Relaxation Responses** <input type="checkbox"/> Creating Personal Practices for Inner Peace <input type="checkbox"/> Quality Sleep for Weight & Stress Management and Better Health
Aging Fabulously Lifestyle Plan II Boost your healthy lifestyle choices with science-backed practices to help slow aging and prevent disease.	<input type="checkbox"/> Taming Taste Inflation <input type="checkbox"/> Brown Bag Makeover <input type="checkbox"/> Healthy Blood Glucose Choices <input type="checkbox"/> Dining Fabulously on a Busy Schedule (for professionals) <input type="checkbox"/> 5-7 Meal-A-Day Nutrition Plan	<input type="checkbox"/> Creating a Cardiovascular Fitness Plan** <input type="checkbox"/> Creating a Strength Plan** <input type="checkbox"/> Creating a Plan for Flexibility** <input type="checkbox"/> Fitness Plan Portability <input type="checkbox"/> Five Easy "No Diet, No Exercise" Lifestyle Changes for Weight Management	<input type="checkbox"/> Introduction to Meditation for Stress Reduction <input type="checkbox"/> Developing Portable Stress Management Skills <input type="checkbox"/> Practices for Improved Sleep at Midlife <input type="checkbox"/> Mindfulness of Breath and Body <input type="checkbox"/> Creating Authentic Happiness**
Fabulous At Any Age Lifestyle Plan III Move your healthy living practices into "Super-Fabulous" range using the latest research on food, fitness and relaxation.	<input type="checkbox"/> Understanding Pro-oxidants, Anti-oxidants and Important Supplements <input type="checkbox"/> Controlling Inflammation <input type="checkbox"/> Nutrition and Skin care <input type="checkbox"/> Recipe Makeovers & Alternate Food Philosophies <input type="checkbox"/> Super-fabulous Health Foods	<input type="checkbox"/> Boosting Midlife Metabolism <input type="checkbox"/> Toning, Conditioning & Waist Management <input type="checkbox"/> You & Your Medical Advisor: <input type="checkbox"/> Recommended Health Screenings <input type="checkbox"/> Developing A Lifetime Mind/Body Practice <input type="checkbox"/> Sustaining Motivation – Exploring All The Options	<input type="checkbox"/> Deep Muscle Relaxation Practices <input type="checkbox"/> Mindfulness of Breath, Body, and Mind & Extended Meditation Practices <input type="checkbox"/> Implementing Your Total Stress Management Plan** <input type="checkbox"/> Lessons from the World's Healthiest Cultures <input type="checkbox"/> Creating a Balanced Lifestyle**

* Clients are encouraged to seek medical clearance before making any lifestyle changes. Lifestyle I may require a medical advisor's approval before beginning. ** Indicates a two hour session.

All sessions are conducted by a Certified LifeStyle Counselor® in nutrition, exercise and stress management. Sessions are one hour at \$50 per hour. There is a two-session minimum per visit per month. An initial lifestyle appraisal and goal setting consultation is required. *Personalized plans can range from thirty days to one year. Commitments of 6 months + include free unlimited telephone consultations.*

Start Your Aging Fabulously Lifestyle Makeover Today!
Call us at 313.268.7156 or Email Sherry@agingfabulously.com