

**It is about progress,
Not perfection!**

Set yourself up for success.
To be your "Best Self" requires
self-acceptance and courage.

It takes 21 days to develop a new habit and 21 months to develop a new lifestyle. You are going to encounter challenges and setbacks and boredom and discouragement. As your coach, I will help you reconnect with yourself and re-ignite the motivation that you need to keep you accountable to make a change in your life.

1. What is working now in your health and well-being?
2. What is your vision for change?
3. Why does this change matter a lot to you?
4. What strengths can you bring to the change process?
5. What are your greatest challenges, and how can you overcome them?
6. What are your first priorities for change and improvement?
7. How ready, confident and committed are you to take the first steps toward your vision? (10 being really confident and 0 being no confidence)
8. What will you do next week?

*"Patience and Persistence
are vital qualities in the
ultimate successful
accomplishments of any
worthwhile endeavor"*

—Joseph Pilates

Life is a Balancing Act.

We Inspire our clients to movement!

MIND/ BODY: BALANCE

It is a tougher world out there. You have to be healthy and on top of your game more than ever. Mind/ Body: Balance is here to consult with you to help you reach your well-being goals. I urge you to take a look at your budget and see if you can reduce costs on some luxury items such as alcohol, cigarettes, comfort foods (items you can do without) and use these monies to contribute toward your body and your health (something you can **not** do without). Mind/ Body: Balance's services aren't all about weight loss, etc. they are about health and wellness long term. Can you, right now, afford to be out on medical leave, calling in sick or not being as productive as you need to at work because you have a pain syndrome? Or are you having a hard time developing great business relationships because you are stressed out, not sleeping well and the mood swings are off-putting? Whatever it may be, it is time to make some changes. Get back to basics! The basics of taking care of your health and body.

I agree with Joseph Pilates when he said "Physical fitness is the first requisite to happiness." We are movement beings. We need to move, to increase circulation, to enhance our moods, to create strong bodies so we can go through life with gusto. Remember! We are as young as our spine is mobile! How young are you? Better yet, how old do you feel? Being healthy is normal. It is our job to take self-responsibility and improve self-efficacy to attain health and to maintain it!

Call Kimberly Searl today so that I can help you stay on top of your game in this tough world!



MIND/ BODY: BALANCE
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(by appointment only)

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Mind Body Balance
Your Global Fitness And Well-Being Studio

Economic Stimulus Package for two!

- ***I might be ready to make a change!***

8 week program.

Focused on Healthy eating habits and increasing lifestyle calories

Includes: (Intuitive Eating 6 week program, 8 coaching calls, 2 Cal-Trac Activity Monitors) (\$129.38 per person per month for 2 months)

- ***I will make a change!***

14 week program.

Focused on Healthy eating habits, increasing lifestyle calories, strength and flexibility

Includes: (Intuitive Eating 6 week program, 8 coaching calls, 2 Cal-Trac Activity Monitors, and 28 duo Pilates mat classes) (\$165.48 per person per month for 4 months)

- ***I am making a change today!***

16 week ultimate program

Focused on healthy eating habits, increased lifestyle calories, cardio, strength and flexibility

Includes: (Intuitive Eating 6 week program, 16 coaching calls, 2 Cal-Trac activity monitors and 2 heart rate monitors, 32 duo Pilates mat classes) (\$285.08 per person per month for 4 months)

Call today to get complete details & Pricing on the programs mentioned above.

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MIND/ BODY: BALANCE

We Are Here to Support You!

At Mind/ Body: Balance, we understand your concerns and your schedule.

We know that you don't want exercise to be another stressful activity.

We offer an atmosphere and philosophy that lets you balance fitness with the rest of your life.

Call Kim today and find out how you can regain your balance today!



Up-Coming Tele-Conference Workshops:

- **Intuitive Eating**
- **Get a Grip/Aging Gracefully**
- **Diabetes and Exercise**
- **Call today to reserve your spot!**



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