



Chris Cucchiara's

Lifestyle Transformation Experience

A PERSONALIZED COACHING AND MENTORING PROGRAM
GUIDING YOU TO **INCREASE VITALITY AND OPTIMAL HEALTH,**
ACHIEVE AND MAINTAIN YOUR IDEAL BODY WEIGHT AND
ENHANCE YOUR QUALITY OF LIFE!

WHY COACH CHRIS?

With insatiable passion, relentless drive and determination to make a difference, Coach Chris is now taking his thirty-five years of mastering body building, entrepreneurship, coaching and speaking, then blending these success principles into supporting baby boomers such as you!

Successful coaches and mentors lead individuals based on their own real life experiences. Coach Chris' integrated system for lifestyle management has created a new paradigm in the way you manage your health and well-being. His integrated approach incorporates a multidisciplinary strategy that helps you achieve peak performance in all areas of your life.



THE ADVANTAGES OF BEING MINDFIT™

The first 20 years of Coach Chris' career was focused on the physical and nutritional side of coaching and training individuals in a physical gym. In all the individuals Coach Chris trained there was only a small percentage that actually leveraged what they learned and applied it long-term. Most people gave-up on their health and fitness goals within 90 days. What he learned in those 20 years was this, the difference in those that gave up on their goals and those that succeeded long-term came down to one specific thing...*having the right mindset!*

EVERYTHING STARTS AND STOPS IN OUR MIND!

Realizing that having the *right mindset* was the secret to long-term success, Coach Chris changed his focus from the physical gym to the *mental gym*. Integrating the mental and emotional piece allowed Coach Chris to quickly identify negative programming and habits that were causing them to sabotage their success.

“Success is peace of mind, which is a direct result of self-satisfaction in knowing you did your best to become the best that you are capable of becoming.”
John Wooden

Taking his clients through a *mental workout* first, translates into a more balanced and sustainable lifestyle.

HENCE, MINDFIT GYM WAS BORN!

Being MindFit strengthens your mindset.

Let's take a look at some very simple but powerful strategies as it relates to mindset:

- » It all starts with you making a **firm decision**, which creates your **mindset**.
- » Your success in all areas of your life will depend on your degree of **clarity**.
- » The first step is to bring clarity to what you want, then most importantly, **why** you want it. The *what* combined with the *why* creates intention and only through a **clear intention** will you achieve the success you desire.

“It isn't what you have, or who you are, or where you are, or what you are doing that makes you happy or unhappy.
It is what you think about.”
Dale Carnegie

“A quality of life and sustainable health is not something that happens to you, it's something you have to plan. Prevention is the best way to address the underlying cause of disease.”

Coach Chris

YOUR EXPERIENCE IS A FOUR PHASE CONTINUUM

ASSESSMENT

Review of your comprehensive lifestyle, health and metabolic assessments. These initial baseline assessments provide Coach Chris with a window into the current state of your **physical, nutritional, mental and emotional health**. These findings will be discussed in **collaboration** with a team of **integrated healthcare professionals experienced in metabolic, nutrition and cardiovascular health**, which includes a complete review of your current blood work.

Note: Reassessments, goals, and your personalized program will be measured and updated every 90 days.

GOALS

During your initial assessment Coach Chris will address your overall **health, fitness and lifestyle goals**. More importantly, guide you to determining the “**why**” behind your goals.



LIFESTYLE MANAGEMENT

Your lifestyle management program is not just another diet or short term fix. It's a life-long support system incorporated into your daily life that integrates your physical, mental, emotional and spiritual health. The value in working with Coach Chris will result in the following benefits: **Longevity and a sustainable quality of life, prevention and/or management of degenerative disease, enjoy more energy and vitality while maintaining a life of optimal health.**

PERSONALIZED PROGRAM

This is NOT a one-size fits all program. Based on your initial baseline assessment, and your specific goals and objectives, Coach Chris will design a **mutually agreed upon personalized lifestyle management program** that will **produce measurable and life-changing results**. Your program will include, but not limited to: proper exercise and body movement, eating healthy foods that taste good and nurture your body, as well as incorporating nutritional supplementation based on your metabolic needs.

ADVANTAGES OF HAVING A “LIFE” COACH

Let me start this off by saying that one of the secrets of highly successful people is that most of them use, in some form or another, a coach to help them achieve success. A coach/mentor can help bring clarity to your goals and can inspire you to make those goals a reality for your future.

World renown coach John Wooden says “*A coach’s primary function should be not to make better players, but to make better people.*” This has always been one of the philosophies that Coach Chris lives by, and incorporates into coaching people to become the best they can be.

Coach Chris's 35 years of real life experiences makes him unique in the marketplace. Here are the key benefits of partnering with Coach Chris as your life coach:

- ✓ Sustaining Optimal Health
- ✓ Accomplishing Goals
- ✓ Taking Action
- ✓ Inspiration & Accountability
- ✓ Clarity & Support
- ✓ Overcoming Challenges

REMEMBER THE GREATEST INVESTMENT YOU CAN EVER MAKE, IS INVESTING IN YOURSELF

“ Chris is a solid, steady and truthful coach, the best kind! He encourages your potential and tells it like it is. I admire his leadership with compassion and his integrity. Chris is a gem for all who work with him.”

Joy T

“ Coach Chris has a back to basics approach, his knowledge and wisdom has helped me achieve my lifestyle goals which have given me the confidence to succeed in other areas of my life!”

Paula Q

“ I have struggled with weight issues my entire life. It wasn’t until I began working with Chris that I finally realized the WHY behind my weight issues. He helped me uncover the mental piece that was the real cause of my weight issues. His program is brilliant. I not only lost 50 lbs, I have more zeal for life!”

Sam S

“ Chris, wanted you to know how much of a positive impact you had on me the time I first started with you and even today when I think of your outstanding coaching and just being you. You helped me look in the mirror to find myself. Without your coaching and mentorship my road would have been different”

Jack F

COACH **CHRIS**
CUCCHIARA

OFFERING NATIONWIDE
COACHING SERVICES

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COMPLIMENTARY CONSULTATION



Get to know Coach Chris by scheduling your complimentary consultation today. please visit:

www.chriscucchiara.com/sign-up

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