



*Tell me, what is it
you plan to do
with your one
wild and precious
life?*

-Mary Oliver



Dr. Stacey Funt received a BA in psychology from Emory University and her medical degree from New York University School of Medicine. She educates

healthcare professionals and the general community on the evidence-based science of lifestyle medicine and positive psychology and offers personalized coaching to help clients reach their greatest state of well being. She is the founder of Lifestyle Health LLC and believes deeply in the power we all have to live with greater health, joy and authenticity.

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Of note, health coaching does not provide any medical advice, diagnosis or treatment. Please talk with your healthcare professional regarding any health concerns.

LIFESTYLE HEALTH LLC



HEALTH COACHING

Motivating and empowering individuals and groups to adopt healthy behaviors, attitudes and mind-sets to achieve optimal health, balance and vitality.

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How we live our lives determines our health and ultimately, our joy. There are times when despite our best efforts, we just can't seem to make the changes we want to.

HAVE YOU BEEN WANTING TO:

- Lose weight and keep it off
- React less to stress
- Eat healthier
- Manage cravings
- Cook more
- Make self care a priority
- Exercise more
- Sleep better
- Create more balance in your life
- Have more energy
- Live with greater authenticity
- Change some other aspect of taking care of yourself and/or your family?

Working with a health coach can be the catalyst for transformation!



HEALTH COACHING

WHAT IS HEALTH COACHING?

Health coaching is a process that helps you achieve lasting change. In the coaching relationship, you will be empowered to manifest what matters most to you through goal setting, education, inquiry, action steps, and accountability. No one knows you better than yourself. Yet, sometimes we each need to be asked the right questions and given the right tools to clearly see what we really want in life, what is holding us back, what skills we need to acquire and how to create the changes we long for. A health coach provides that for you while offering support and guidance along the way. While you are ultimately in charge, health coaching is a trusted partnership working in collaboration to reach your goals.

WHY IS THIS IMPORTANT TO MY HEALTH?

Researchers have shown that nearly 80% of all chronic disease (including heart disease, stroke, cancer, dementia, and diabetes) is related to lifestyle behaviors. Living a healthy life can prevent, manage and in some cases, reverse chronic disease. Aside from the long term benefits, the immediate advantages of healthy living on overall health, energy level, mental fitness, self-esteem and personal outlook are paramount. Self care is the part of healthcare that enables us to flourish.

HOW DOES THE PROGRAM WORK?

Each coaching session is tailored to the individual. Yet, there is a basic structure to the process. There are a variety of programs offered ranging from one to six months in length. There are two to four 50 minute coaching sessions per month (in person, by telephone or via Skype) with home assignments and email or texting accountability check-ins between sessions. Depending upon your goals, you may also receive readings, recipes, cooking or grocery shopping guidance, instruction in mindfulness techniques, etc.

HOW CAN I FIND OUT MORE INFORMATION?

To find out more information, sign up for a **FREE CONSULTATION**. Visit the website lifestyle-health.net, send an email to lifestylehealthllc@gmail.com or call 631-464-0985 to set up your appointment.