Energy with Ease

AN 8-WEEK HEALTH & WELLBEING TRANSFORMATION

WEEK 1: VISION & LIFE AUDIT	Clarify where you are now and where you want to go.
WEEK 2: IDENTITY & ALIGNED HABITS	Build habits that match the identity of the person you want to become.
WEEK 3: NUTRITION FOUNDATIONS	Learn how to fuel your body with simple, effective meals.
WEEK 4: NUTRITION MINDSET	Ditch food guilt and trust your body's signals.
WEEK 5: MOVEMENT & BODY CONNECTION	Reconnect to your body with joyful, sustainable movement.
WEEK 6: NERVOUS SYSTEM & STRESS RELIEF	Learn to regulate your nervous system and manage stress better.
WEEK 7: STABILITY BEYOND CONTROL	Find groundedness without perfectionism or extremes.
WEEK 8: INTEGRATION & LONG-TERM CONSISTENCY	Receive your own sustainable wellness plan that supports your continued growth and consistency.

"When you restore rhythm in your body, digestion, energy, and focus naturally fall into place. This program blends expert coaching with practical, peaceful strategies — so health feels possible, personal, and sustainable."

Over 8 weeks, we'll create personalized rhythms around nutrition, movement, rest, and mindset. You'll gain the energy, clarity, and confidence to lead your life and career with ease.

WHAT'S INCLUDED

- 8 weekly private coaching sessions (45–60 mins)
- custom handouts & wellness tools tailored to your goals
- ongoing email support & accountability between sessions
- a strategic roadmap that evolves with your progress

Let's build a rhythm that works for you.
Email to apply: sarah@theactivlife.com

WWW.THEACTIVLIFE.COM