



## “THE RELATIONSHIP WITH MY COACH IS KEY!”

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### THE RESOURCES

The beginning of Mike’s journey started with big goals and high expectations. That all changed during his first call with Coach Ashley. She redirected Mike’s mindset to set smaller, more realistic goals that would be more sustainable long-term. Mike stayed motivated each week because he wanted to share good news at his check-in calls with Ashley. The accountability he experienced with having his own health coach was the key to Mike’s success.

### THE RESULTS

Mike’s energy has increased, his clothes fit better, and he’s not the only one who has noticed the great results. His family, friends, and co-workers have too! Mike lost some weight, but also gained nutritional knowledge by tracking his diet through the MyhealthCheck360 app. He ditched the bowl of cereal for breakfast and now eats eggs instead. Another change Mike made was to his exercise routine. He slowly turned his walking routine into jogging.

### THE LESSONS

“Just get started” says Mike. In the past he was great at coming up with excuses but, “if you can get past that, it’s amazing how different you’ll feel and the years you can add to your life.” Mike also learned the importance of starting slow with realistic and achievable goals, “Don’t bite off more than you can chew.”

### THE FUTURE

Mike continues to track his weight and exercise. If he happens to fall into a rut, the first person he’ll be calling is Coach Ashley. She’s a resource for Mike if he needs a boost in motivation, advice on his diet, or just a person to keep his goals realistic.