

Newsletter Summer 2010

Inspirefit Inc.

Personal Wellness Organization

905-634-2224

inspirefitness@bellnet.ca

www.inspirefit.ca

Inspirefit Newsletter

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Article Headline

FEATURED ARTICLE



Lifestyle Coaching - Change your life

By Richard Landman

Lifestyle Coaching:

Being truly happy, healthy and content in your own skin - What could be more valuable?

Many people I speak with seem to be unaware of the relationship between Fitness and Wellness. Fitness is in fact only a portion of a wellness lifestyle. Fitness (or physical fitness as I am referring to) is related to one's ability to complete certain physical tasks for example: run 5k in x minutes or bench press 50 kg. 10 times. We also consider certain physical characteristics or body types as physically fit. Unfortunately, it is very possible (and very common) for individuals to look physically fit, perform physically demanding activities, yet still be unhealthy. How can this be?

Have you ever known of a person who worked out like a mad dog, had the body of an Adonis, but had some unhealthy lifestyle habits such as: smoking, binge drinking, being highly stressed out, horrible dietary habits and/or drug use?..... I have seen these people, they do exist, in varying degrees, and **they are generally not healthy!**

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In a nutshell, for good health and wellness, we should be looking at a number of lifestyle factors, not just fitness. A personal trainer would tend to be interested in what you are doing physically and may give you some guidance on nutrition. Lifestyle coaching looks at your life structure and health as a whole. With the client, we determine their goals and priorities for life fulfillment (what will truly make them happy and content). From there, we look at developing a life schedule which will help them reach their true goals. Possibly, we will require the help of professionals from other fields to help clients reach these goals.

What I have personally found is that there can be a disconnect between a client's true needs and their current life's path. For example, many individuals will report that having good physical health is a top priority, however, their lifestyle actions may not indicate this. This leads to frustration and unhappiness and for many, ill physical health.

To put the icing on the cake, it is well documented that people that are happy and healthy are more organized, even tempered and make more rational decisions. Wouldn't these positive qualities also enable one to perform better in their chosen career?

To be truly content, we need to create a personalized plan for a lifestyle that is in balance with mind, body and spirit.

With Lifestyle coaching, focus will be on the creation of overall health and happiness in the individual, not just physical fitness.

Richard Landman

Inspirefit Inc.

For more information on Individual or Corporate Lifestyle coaching contact Inspirefit at: inspirefitness@bellnet.ca or 905-634-2224 **Article
Headline**

Thank you for reading and feel free to contact us if you have any questions.

Sincerely,

**Richard Landman
Inspirefit Inc**

PH: 905-634-2224

email: inspirefitness@bellnet.ca

www.inspirefit.ca

