

New Year's Resolution: A fitter and more relaxed me!



A healthy body and mind is something you may have been lucky enough to receive by natural disposition. But to stay healthy, especially as we grow older, it requires a pro-active approach and that you assume the responsibility for it. The New Year 2013 has just started. Don't just assume the resolution to do more for your fitness, act on this resolution. Now.

Have you made a New Year's resolution to lose weight, exercise more or reduce the stress in your life? But still have not found the time and motivation to start or still even looking for the right programme that works for you? Then see what different programmes I offer here at the Red Sea in Egypt and don't lose any more precious time. The longer you wait with making the first step, the more likely it becomes that you will not implement your good resolutions...

Powercamp – Less fat, more fit

This one week group programme includes fitness and fatburner activities, workshops for healthy nutrition and last but not least exercises for mental stress reduction. The ultimate goal is to focus on the fundamentals that you need to lead a happy and healthy life.

Personal Training

As your personal trainer, I will custom-design workout exercises that are fun and tailored to improve the areas we have agreed upon during our first meeting that you would like to work on. This is the most flexible form of training, as time and location will be set so that they fully meet your needs. And, have you ever tried Nordic Walking in the desert? This is a beautiful experience both for the body and for the mind and it is quite challenging for the leg muscles.

I am the first personal trainer to offer the highly efficient EMS training at the Red Sea coast. EMS stands for Electrical Muscle Stimulation and specifically increases the muscle stimulation during the exercise. In addition to the superficial muscle parts (like in conventional power training), also the lower muscle structures are strengthened, so as to give the joints and the spine more stability. Every small muscle is stimulated and activated by the electrical impulse, and thus reaches its specific optimal strength. EMS is a very efficient and time-saving form of personal training (1-2 times per week, 30 min. each)

Coaching

Coaching is the right approach if you feel that you need to discover new perspectives for yourself or seek support in achieving a certain goal. It also furthers the capacity to manage your life and trains leadership skills, performance, communication and motivation.

Health Coaching

Health coaching offers you help to help yourself. It will support the optimum balance between job-related challenges, private life, motion and relaxation – all that without any pressure. A situation analysis will be the basis for defining your goals. Afterwards solutions will be developed and put in practice; you will learn training programmes and measures that can be integrated in your daily routine.

Mental Coaching

In my mental training programme, you will learn to focus on the presence, shape your emotions to be positive and affirmative of yourself and hence positively influence your mind and thoughts. The programme can also help you to reduce addictions such as smoking, increase your ability to concentrate and prevent burn-out.

Stress Management

Suitable for both individuals and teams, the stress management workshop is designed to help you identify the biggest stress factors in your life, whether it is physical, mental or emotional stress and how to reduce it.



Barbara Luigs
Health- and mental coach

*So what are you waiting for? Give me call or send me an e-mail and let's get going! To schedule an appointment with me, please send an e-mail to contact@my-healthcoach.com or call me at +2 0102 53 73 755
For more information about my programme, please visit www.my-healthcoach.com*

Why training with me is different

My previous experience from working in an executive position in a corporate environment helps me better understand and deal with mental and physical challenges, a stressful job, a hectic life, or simply a lifestyle with lots of different options and choices can create for the body and mind.

In my training programmes, I combine physical and mental exercises and I see my customers as a holistic unit. Subject to your needs and personal situation, I will also integrate coaching elements into the customised programme.