



Optimizing Deep Health To Fuel Your 2nd Ascent

Stress, Sleep, and Recovery Coaching

What We Cover:

- The Science of How Sleep, Stress, and Recovery Are Foundational to Optimizing Deep Health
- How To Improve Metabolic Health and Energy
- The Role Of Good Stress in Overall Health
- Garnering Support from Friends and Family (even your kids! 😊)
- Strategies for Managing Stress and Regulating The Nervous System
- Creating A Personalized, Workable System That Will Support Your Overall Well-Being...For Life!

Who's It For:

- Anyone committed to making lifestyle changes required to be more focused, energized and peaceful.

What's Included:

- (7) 50-minute bi-weekly coaching sessions, e-mail access to coach, assessments and final plan.

Where:

- Zoom or In-Person in Camp Hill, Pa
- 7 session package: \$995.00:
- *Optional, but for best results, use a wearable fitness tracker that measures sleep, HR, HRV, and stress. I recommend the Oura Ring (www.ouraring.com).*



Get Started On Your Journey to Deep Health Today!

Schedule Discovery Call

Gary Lougher, 717-287-1102

gary@2ndascent.com | www.2ndascent.com

Gary is Certified in Sleep, Stress and Recovery Coaching, and a Specialist in Metabolic Health and Behavior Change.

