



Optimizing Deep Health To Fuel Your 2nd Ascent

Deep Health & Navigating Your 2nd Ascent

What We Cover:

- An exploration of what you want the rest of your life to be about...your 2nd Ascent
- Navigating life's uncertainties to find fulfillment and authenticity
- Balancing nutrition, fitness, and sleep for optimal health.
- Enhancing focus, clarity, and adaptability for mental fitness.
- Fostering self-awareness, empathy, and emotional management
- Creating A Personalized, Workable System For Navigating Your 2nd Ascent!

Who's It For:

- Anyone committed to making lifestyle changes required to be more focused, energized and peaceful in order to create a life they love to live.

What's Included:

- (15) 50-minute bi-weekly coaching sessions, e-mail access to coach, assessments and final plan.

Details:

- Zoom or In-Person in Camp Hill, Pa
- 15 session package: \$1995.00
- *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

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

