

*Living a healthy lifestyle is about balance, not perfection.*

## How to Reduce your Stress and Feel Great!



### Recharge, Refresh, Reset Self Care Talk

Have you been struggling with your health? Are you feeling stressed, tired, unmotivated, and unsure what to do about it?

Please join me for this self-care-session on how to reduce your stress levels. In our conversation we will discuss some common challenges we're facing, and my top 4 solutions that can support you in getting back on track and living a healthy lifestyle.

### CERTIFICATIONS & TRAINING

#### **Bachelor of Business Administration**

Royal Roads University

#### **Certified Holistic Health Coach**

Institute for Integrative Nutrition

#### **Precision Nutrition Level 1 Certification**

#### **National Academy of Sports Medicine**

Certified Personal Trainer

#### **Email:**

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### Julie Sanders, Corporate Health Coach

My passion is supporting employees to live a healthy lifestyle.

I have been working with MGM Resorts for over five years as a Corporate Health Coach. I work one-on-one with employees to support them in reaching their health goals. Whether they want to lose some extra weight, lower their cholesterol, or feel energized and proud of who they are, this is my commitment to my clients.

My personal health journey began in 2008 and since then I have lost 30 lbs and today lead an ongoing healthy lifestyle. Fitness challenges have been a passion of mine and I have completed many half marathons and 2 half Ironman events. In the last couple of years I have shifted my focus to strength training and love the results that it has produced.

Originally from Canada, I have been living in Las Vegas for 10 years.

**MY FAVORITE THING** about coaching is witnessing the healthy glow that takes over when someone begins to transform their health.

**MY CURRENT WELL-BEING GOAL** is to stay healthy, active and lean while working from home!