



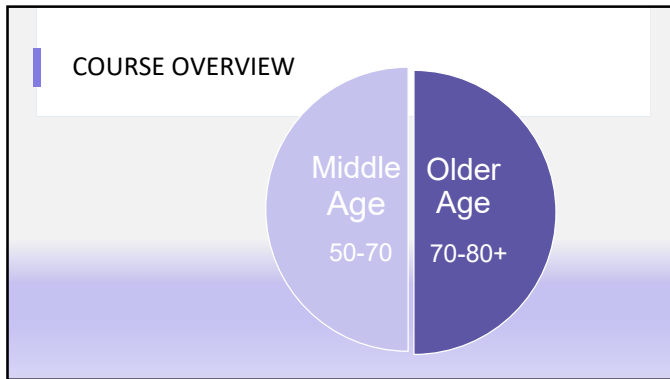
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BIOS	
 Liz Cohen Certified Health Coach Liz overcame adolescent/teenage weight challenges, losing 50 pounds and kept it off for over 20 years. Liz followed parallel careers in Hospitality Management and Health & Wellness. Working for Marriott International, she developed strong team leadership, customer service and people management skills – and served as Executive Chair for Marriott's Corporate Wellness Program, Take Care, which included efforts in Mindfulness, Nutrition, Exercise and Work/Life Balance. Liz first became a Certified Personal Trainer 20 years ago working for the Personal Training Institute and private clients. She became a Certified Health Coach five years ago and two years ago opened her business For Good Health Coaching and Corporate Well-being Consulting. Liz has a Bachelor of Science in Hospitality Management from Fairleigh Dickinson University and attended Tufts University Friedman School of Nutrition and Policy for a Graduate Certificate and is Certified by the American Council on Exercise and the Johnson & Johnson Human Performance Institute. Liz has a passion for golf, is Certified as a Golf Wellness Professional and travels the world golfing with her husband Jeff. Email: liz@fghealthcoach.com Website: www.fghealthcoach.com	 Deborah Glassford, MS Exercise Physiologist Deborah's career in the Health and Fitness industry began in 1985. Her career included managing Corporate Fitness Centers for GE and Verizon, commercial Health Clubs in the Westchester County, NY area and actively teaching Group Fitness classes for over 20 years. Since 1998, she has shared the empowering feeling that comes from regular exercise and devoted herself to designing individualized in-home Exercise Prescriptions for a variety of clients. Deborah has a Bachelor of Art in Psychology from Ithaca College, a Masters of Science in Exercise Physiology from Long Island University and has Certifications from American Council on Exercise, the Authentic Pilates Guild, and as a Cancer Exercise Specialist. Currently, her love for the teachings of Joseph Pilates and her maturing clientele has driven her to teach Pilates Mat classes and individual instruction on the Pilates apparatus. Her devotion to the Health and Fitness industry is well into its third decade and she looks forward to many more opportunities in this exciting field. Email: fitness701@optonline.net

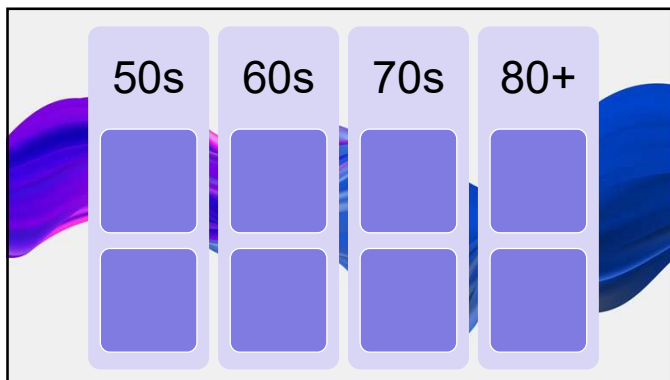
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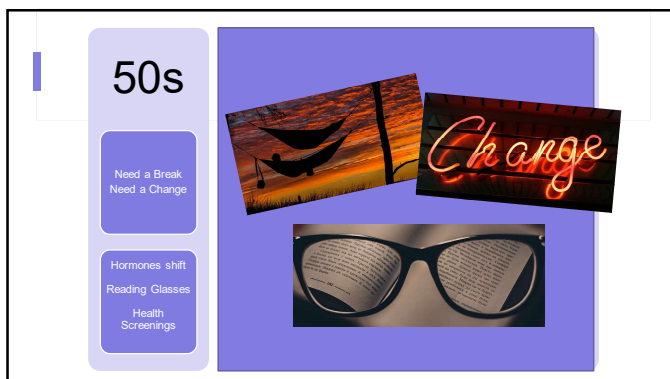
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4



5



6




60s

The In Between Retirement
Home life continues to adjust

Increase risk of injury
Muscle/Bone Decline




7





70s

Most Happiest
Freest

Increased Fatigue
Balance Focus




8



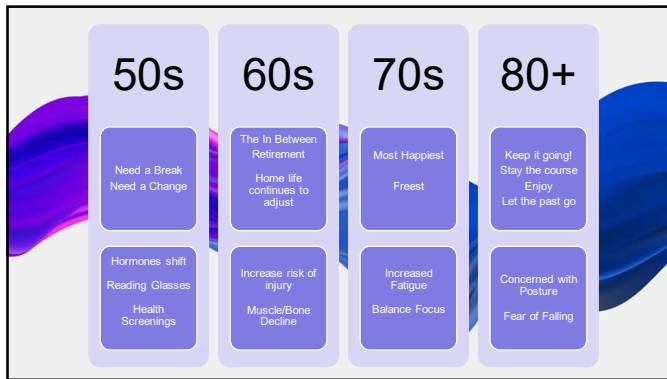



80+

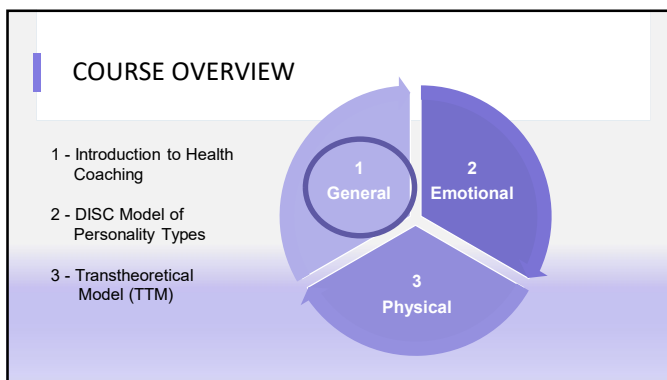
Keep it going!
Stay the course
Enjoy
Let the past go

Concerned with Posture
Fear of Falling

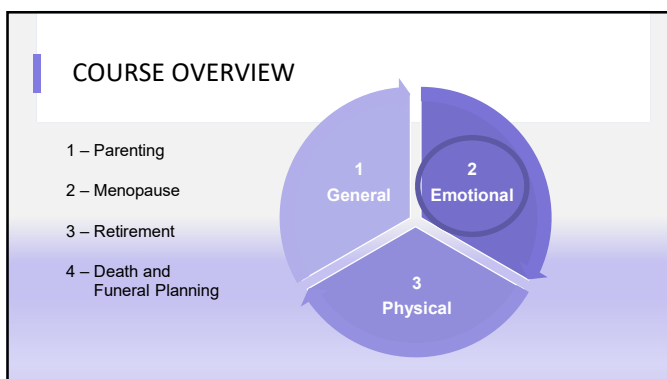
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11



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COURSE OVERVIEW

1 – Nutrition

2 – Physiological Changes related to Bone, Muscle, Fat, Skin and Bladder

3 – Injury Prevention

4 – Balance and Posture

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SCOPE OF COURSE

- Not a Health Coach Certification
- **Concepts in Health Coaching**
- Do not diagnose
- Do not recommend supplements
- Do not create specific diet plans
- We are not Therapists

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"You can't stop the waves, but you can learn to surf"
~ Jon Kabat-Zinn

Health Coaching
Riding the Aging Wave

FOR GOOD
Health Coaching

Liz Cohen and Deborah Glassford

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