

Client 2_ E.P. Mom of 5 Transcript

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SUMMARY KEYWORDS

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Being coached by Joval has taught me to appreciate the little improvements that I've made in my health so far. Since working with Joval, I have moved from exercising once or twice a week to almost five days or six days a week. It has also helped me understand the importance of taking baby steps and you know, building upon those steps in order to make lifelong changes. And I think that's key for me is for me to be able to incorporate strategies in my busy, busy mom life/ work life more life that would impact how I take care of my health long term and working with Joval as my coach has really taught me how to, you know, take those baby steps and build upon them by going from working out twice a week to don't go into working out almost every day. And just, you know, just appreciating that and, you know, just making it part of my life. One of the conversations that I remember having little girl is, you know, having such a busy work day that, you know, sometimes I find it hard to make time to exercise, but then, you know, she gave me some strategies like why don't you promise to give yourself a 15 minute walk during the work day to just get away from your computer? And just walk around the block or and then build off on that and that's exactly what what I've been able to do. I've been able to go for walks during my lunch break from 15 minutes to 30 minutes to 45 minutes or sometimes an hour. And it's been amazing and I feel amazing and I think to allow for just you know, being the awesomest coach ever. I really appreciate you know, the little things that she reminds me to appreciate it myself that this journey is not an easy one. But now working with her has made it like fun before exercise was, you know, I I saw it as you know, drudgery something that I didn't enjoy, but now she's giving me strategies that have made it worth my while. It's like that have made it enjoyable for me and my kids because I always incorporate my kids and whatever I do, they're my buddies, my best friends. So it's really been a pleasure. My weight I've seen a 20 pound weight loss that I have not seen in many years and it's only gonna get better. So I will continue to hope to work with her which will go and I just think that you know, thank God for having her in my life and just you know, given me the opportunity to work with such a great coach. Thank you Joval I appreciate you and anybody that you know would want advice on getting a coach that would like really transformed our ideas and good outlook on their health, to vow is the Lady Joval was the coach two belts, the way to go. All right, thank you. I hope this was helpful to you.