

GOALS

- Promote radiant health
- Support/Improve mental and emotional well-being
- Health is the foundation for positive behaviors, self-esteem and success

ABOUT US

Multidisciplinary Team

Experience working with youth and adults of all abilities.

We work with you right where you are, using a person-centered model.

IGNITEONE

WHERE HEALTH
AND
RECREATION LIVES™

WHAT DO YOU DO
TO REDUCE
ANXIETY
STRESS
& LOW
SELF-ESTEEM?

CONTACT US

Info@MyIgniteOne.com

www.MyIgniteOne.com

833-404-0202

Youth Wellness
Coaching

Ages 8-18





CREATING HEALTHIER YOUTH

- Integrated Holistic Health Model
- Nutrition-Fitness-Mind Body-Self Care
- Healthier & Happier Youth and Families

PROGRAMS

- Health Education / Wellness Coaching
- Yoga & MindBody
- Therapeutic Recreation

CHALLENGES ADDRESSED

- ADHD
- Anxiety / Depression
- Obesity / Lifestyle-Related Disease
- Stress Reduction and Self-Care
- Social-Emotional Learning
- Anger Management & Communications



MY WELLNESS LIFE

INTEGRATED CURRICULUM

1. Nutrition
2. Fitness
3. Mind Body
4. Self-Care

BENEFITS

- Stress Reduction
- Increased Self-Awareness & Confidence
- Long Term
- Positive Health Outcomes