

Paul Hastings Wellness Group

Not-In-Person Wellness Coaching

Process

1. Complete the **Individual Data Sheet**.
2. Receive the **Base-Line email** detailing suggested exercise and nutrition actions to be taken to reach the participant's stated goals. These will focus on Total Daily Energy Expenditure (TDEE), Body Composition, Exercise and Nutrition.
3. Review the **Exercise DVD** sent from the coach. This visual aid has four chapters: Warm-Up, Core-Training, Strength-Training, and Stretching.
4. Schedule **tri-weekly calls** with your coach to discuss and track your wellness progress. Prior to these calls, the coach will send a reminder email with the most recent follow-up email and the confirming the next day's call.
5. **Program Supplements** are sent to participants every month as a reminder to move the wellness quest closer to "top of mind" to provide mental, exercise, nutrition protocols the participant can adopt to enhance to efficiency of the wellness quest.

Program Questor Comments

"Ron, I just had a great checkup with my primary care last Friday and all my numbers are much better. She took me off one of my diabetes meds. She was very pleased with my progress thus far." – 2014

"Thanks for all your help. I am so much healthier now than I was when we started this journey. Thank you for the offer to continue to work with you, it is greatly appreciated." – 2015

"Ron, Thank you so much for your calls and encouragement to help keep me stay focused and on track!" – 2016



Objective

To provide participants with the information, encouragement, motivation and accountability to begin or enhance their lifetime wellness quests via telephone or email with visuals provided through an exercise DVD

60 participant spots available on a first-come, first-served basis

Contact

Ron Ringlien (CPT, CFN)

Phone: +1 562-430-3796

Email: ronaldringlien@outlook.com

Terms and Conditions

- Participants are required to engage with the coach on the telephone once every three weeks, and make a reasonable effort to progress one's wellness.
- Reports of Program progress are made to the Sponsor every two to three months.
- Invoices will be submitted to the Sponsor at the end of each month, based on the number of Participants engaged during the month.