

Holistic Health and Fitness Coaching with Stacey Libbert

Getting started is hard. Remaining motivated is harder. You can't underestimate the value of having a mentor and someone to kick your motivation into high gear and keep it there. Whether you want to lose weight and work your way into shape, train for your first 5K or marathon or train to run a PR, having a sound training plan and the support of a coach can be invaluable.

I believe in a holistic approach to health and fitness. For optimal health and performance, I believe in appropriate exercise and strength training, stretching, good nutrition, mental preparedness, stress reduction, adequate rest, and personal goals. While my programs focus primarily on running/walking for cardio fitness, I also incorporate weight training, cross-training, yoga, nutritional support and keeping a running journal as tools for better overall health.

My own path as a runner has made stops at every phase of fitness. After college, I was not fit and began slowly working my way back into shape by walking and running one lap at a time. Over the years, I have moved from unfit to running slowly to running faster to running competitively, so I understand the different stages of fitness and what it takes to move from one to the next. I also have had the great fortune of learning from some of the best coaches and runners in North Carolina and across the country.

I have worked as a high school track and field and cross-country coach for 12 years, and I coach G-Force, a running program for elementary school girls in grades 3-6. I am USA Track and Field certified and have been running, training and racing consistently for 17 years.

I am a firm believer in the power of running to transform your life. Running allows you to compete with other people, but it also allows you to compete with yourself, which is even more valuable. Finding out that you are capable of more than you ever imagined is what I love most about running. It makes you look at the world and yourself in new and wonderful ways. If you are looking for a change in your body, your frame of mind, your current routine or your life, a comprehensive running plan with someone to help you along the way is a great place to start.

Option 1: Running for Weight Loss and Fitness

(\$60.00 per month)

Besides better nutrition (not dieting), cardio and strength training are the keys to weight loss and better physical strength. If you are struggling with your weight, trying to control diabetes, or looking for a way to strengthen your heart and lungs, running or walking are the best ways to help you reach that goal. I will customize a plan for you based on your needs and current fitness level that incorporates running/walking, cross training, strength training, yoga/stretching, stress relief, and

better nutrition.

This plan includes the following:

- Initial one-hour consultation to determine personal goals, fitness level, lifestyle, health/injury concerns
- A training program exclusively designed to take into account your ability, fitness level, goals, and training history with a focus on both immediate and long term success
- Monthly sit-down sessions (by phone with online clients) to evaluate progress and answer questions
- Stretching demonstrations and/or descriptions with pictures
- Running tips, nutrition advice, and stress relief strategies in newsletter form
- Weekly group run/walks

Option 2: Training for Races and Getting Faster

(\$80.00 per month)

One of the best ways to stay motivated in your exercise routine is to choose a race. If you have been running consistently and would like to enter your first race or if you have already competed in an event and are ready to take it to the next level, this is the way to get there. There is a science to running that allows you to get the most out of your ability; running consistently is the way to build a base, but specific workouts designed to stress various systems is what makes the difference between running and racing. I will customize a plan that is geared toward your event, your goals and your previous performances.

This plan includes the following:

- Initial one-hour consultation to determine personal goals, fitness level, lifestyle, health/injury concerns
- A customized training program exclusively designed to take into account your ability, fitness level, goals, and training history with a focus on both immediate and long term success
- Availability of coach for ongoing training questions/concerns via phone or email
- Monthly sit-down sessions (by phone with online clients) to evaluate progress,

tweak training plans, answer questions, etc.

- Stretching demonstrations and/or descriptions with pictures
- Running tips, nutrition advice, stress relief strategies in newsletter form
- Feedback and adjustments to your training as needed (program can be adapted based on how you do with the training plan)
- Race strategy and goal setting sessions
- Weekly group runs with specific workouts (hill repeats, tempo runs, intervals, etc.)

I look forward to helping you as you set new goals and work towards living a better, healthier, and more energetic life.

For more information or to set up a consultation, please call Stacey Libbert at 827-0041 or send an email to staceylibbert@gmail.com. You can also visit my website, www.runningmonologue.com.