

# Are you feeling over-committed and under-motivated?

- Do you put everything on the to-do list except yourself?
- Does it seem as if there just isn't enough time in your day to get healthy?
- Are you confused by the conflicting information you read about exercise, food and nutrition?
- Need support to just get started or encouragement to stay going?

*As a health coach, I can help you to tackle the obstacles that are getting in the way of YOU being a healthier you..*



## Sara Ecker

Sara is an experienced athletic coach, mother of two energetic children and lifelong Vermonter. She holds a Master's Degree in Health Education and Wellness Management along and an ACE Health Coaching Certification.

Sara leads a very active and busy life and recognizes more than anything the challenges of balancing work, parenting and overall life schedules. She works with clients to help them overcome the obstacles that get in the way of making positive healthy behavior changes.

Contact Sara  
to schedule your  
complimentary session

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What have you got  
to lose??

## You CAN do it.

- ✓ *Dynamic and creative solutions that build upon YOUR interests and work with your busy schedule*
- ✓ *Individualized support to help you reach your goals and make sustainable lifestyle changes.*
- ✓ *Find a friend or several to join you, bring your children, your partner, your dog!*
- ✓ *A portion of your fee will go into the Thetford Recreation Scholarship Fund*