

The SDA Therapeutic Lifestyle Coach

OptiHealth Network

Warning: The American way of life is hazardous to your health!

- Over 2/3 of adults and over 1/3 of children and teens are overweight or obese due to unhealthy lifestyles.
- Less than 20% of the population get the recommended 150 minutes or more per week of moderate physical activity.
- Unhealthy eating patterns and not getting enough exercise leads to chronic disease with premature disability and death.

People with unhealthy lifestyles are much more likely to suffer from obesity, high blood pressure, high cholesterol, type 2 diabetes, heart disease, many forms of cancer, and even some immunological disorders. Not only is their life expectancy shortened by 7-21 years, much of their life (time, money, energy) is spent trying to "manage" their disease and disability, instead of eliminating the underlying cause through therapeutic lifestyle change and enjoying a higher quality of life.

The declining health of Americans has persisted for over 50 years, despite aggressive and very expensive medically oriented efforts by health experts in both the public and private sectors.

Medical Doctors generally intervene after someone gets "really sick." Regarding lifestyle diseases, medical intervention often occurs when it is essentially "too late." Pills and procedures can slow the progression of lifestyle-related diseases, but true health is never restored.

Personal Trainers and **Life Coaches** typically help "healthy" individuals eat, exercise, and relax even better, so that they can achieve their often extreme, and sometimes misguided, health and fitness goals.

SDA Therapeutic Lifestyle Coaches are trained to address the needs of both: 1) The unhealthy 80% of the population on their lifestyle causes of disease before it is too late, and 2) The apparently "healthy" 20% of the population on their lifestyle patterns that may improve their health temporarily but proves imbalanced and deficient in the end.

Therapeutic Lifestyle Changes (TLC) for better nutrition, regular exercise, and effective stress management have been proven to prevent, control, and even reverse the causes of lifestyle-related chronic diseases. Results include greatly improved levels of health, fitness, and quality of life, without going to extremes or wasting time and money chasing the latest health or fitness fad.

However, without God's power to make lasting "whole-person" change - physical, mental, and spiritual, the benefits are short-lived and ultimately futile. SDA-TLC Coaches should never preach health reform while neglecting the sin-sick soul.

Given the critical need to address the over-eating and inactivity epidemics, as well as the spiritual bankruptcy, in the U.S., the OptiHealth Institute offers a series of Certification Courses, which have been especially designed for SDA church members who are committed to living and sharing the Adventist Health Message by helping others **succeed** in therapeutic lifestyle change by **faith** - as "the right-arm of the gospel."

No matter what level of certification you choose, you can be part of our team to help create a culture of optimal health through local community outreach and personalized support services. You will learn how to help others transition to a healthier lifestyle, avoid chronic disease, and enjoy optimal health - all while developing a practical faith in Jesus Christ.

We hope you choose to partner with us.

www.OptiHealthInstitute.com