

The BodyLife Approach

BodyLife Dynamics offers a unique, multidimensional approach to human development that is based on the Seven Dimensions of Wellness. Our coaching and educational model centers on the philosophy that an individual's personal and professional experiences are interrelated. We believe that by gaining insight into one area, an individual can develop and apply strategies that will work in another. Allowing them to quickly assimilate and apply their knowledge and insights in a personalized and diverse way.

Individuals and businesses achieve success through the BodyLife Approach by utilizing three main service areas: Coaching, Training & Development, and Wellness. Each service area involves realms of personal and professional focus, and may be combined or used independently of each other.

Our services empower you to achieve balance in all areas of life, allowing you to reach your fullest potential - **Body & Life Mastery.**

Body & Life Mastery

The achievement of inner and outer strength. A multitude of inner skills and physical self-command that equip an individual to succeed. Individuals and corporations who are committed to this process are more effective, successful, and deliver a higher quality of service.

Dimensions of Wellness

Physical Wellness

Focuses on caring for the body by increasing endurance, strength and flexibility and using proper nutrition.

Intellectual Wellness

Intellectual wellness is about the continuous acquisition of knowledge, awareness of current events, expression and experience of creativity.

Emotional Wellness

The application of stress management and relaxation techniques, selfawareness and acceptance.

Social Wellness

Stresses interpersonal relationships, tolerance, concern for community welfare, fairness and justice.

Spiritual Wellness

Spiritual wellness is about developing a value and belief system, hope and optimism, and personal meaning.



Environmental Wellness

Focuses on protection of resources and enhancement of personal safety.

Occupational Wellness

The development of vocational satisfaction and balance of work and leisure.

For more information, contact:

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