

What is Motivational Coaching?

If you want to start exercising or exercise more often, but you have trouble sticking with an exercise plan, Motivational Coaching may be for you. A motivational coach is a person that you meet with regularly to help you achieve and maintain your fitness goals. They do this by teaching you how to identify the barriers in your life that prevent you from exercising and by providing strategies, support, and motivation to get around these barriers.

How do I Get Started?

Sign up for a **Lifestyle Assessment!** This is a thorough assessment of your lifestyle that identifies barriers to exercise and provides a foundation to develop individualized strategies to overcome these barriers. Motivational coaching starts with this assessment. Cost is \$25

Who is the Motivational Coach?

Victoria Fogel, M.A. (August 8th), B.C.a.B.A

Certifications:

Board Certified Assistant Behavior Analyst
Level 3 TAG teacher
Tools for Positive Behavior Change



Testimonial:

"It's one of the best things that I ever did. Not only was it very motivating, but it gave me the tools to identify the factors that were going on to help me lose weight. She helped provide motivation to get started and the continual support so that I could learn to do it on my own. After 2 and half years, I lost 74 pounds, quit smoking, I am eating healthier, and I have a good consistent exercise routine. I don't get frustrated or scared anymore that I will gain the weight back because I know what to do and it is part of my lifestyle now."

-Stephanie Campbell, 46 yrs old

"I always knew that I need to eat right and exercise to stay healthy, but I could never make the routine stick. Victoria helped me understand that exercise was not something to dread. I learned how to make exercising fit my schedule and how to stay motivated. In nine months my cholesterol dropped 50 points and my weight went down 47 lbs. All I needed was a change in my attitude toward fitness and food. I feel great!"

-Davina Devries, 31 yrs old

Pricing:

Initial Lifestyle Assessment - \$25

Student One hour session - \$30

4 One hour sessions - \$105

Non-Student One hour session- \$34

4 One hour sessions - \$120

How Do I Sign Up?

Call 974-2971 to make an appointment or to ask further questions! afriesel@admin.usf.edu