

# Body Be Nimble

...be well at any age

**Brad Lustick**

Lifestyle & Wellness Coach

Founder of *My O-w-n Fit Life*

## *My O-w-n Fit Life Program*

### **Radiate Energy - Feel Youthful & Sexy - Look Great**

**Our Fit for Life Coaching for the 40+ group utilizes behavioral psychology, lifestyle modification, advanced nutrition, and exercise science to obtain and maintain health.**

**Expectations:** "My O-W-N (older-wiser-nimble) Fit Life Program" is designed to avoid and reverse the onset of age-associated performance decline. Improve stamina, weight, energy, mood, eating habits, sleep patterns, mental focus, self-reliance and acts of daily living. We employ a symphony of behavioral modification, motivation, and function-oriented solutions to help clients overcome obstacles to reach new levels of health and fitness. Proven methods show that working with a wellness coach twice per week for 6 to 12 weeks is sufficient time for a client to adopt positive life changes in lieu of ineffective behavior patterns.

#### **Solutions for taking back your life...**

##### **Fitness and Nutrition Consult (30 minutes) CALL 713.291.3200 TO GET STARTED**

Session includes a face-to-face discussion to establish a portrait of your current state of wellness. Bring a 1 week diary or record of food/drink consumption and list of any medical diagnoses for conditions that impair your lifestyle.

##### **Comprehensive Work-up of Nutrition and Fitness Plan**

This customized program will help you achieve your health and fitness goals by offering eating recommendations and an individually designed fitness program to target your goals.

##### **Professional Level Exercise Training**

Doctorate level credentials and one-on-one personalized attention make our approach to exercise science second to none. Experience progressive, functional and performance training to reach new limits, overcome current physical limitations and eliminate chronic pain. If you suffer with arthritis, old injuries or are recovering from a cardio-vascular event, our expertise can be invaluable in getting you back in action. We will gladly work alongside your physician.

##### **Home Visit / Lifestyle Makeover**

Your coach will personally visit your home to help you adopt positive changes to your daily routine and suggest a fresh approach to stocking your kitchen with healthy alternatives. Concurrent evaluation of the ergonomic protocol for your home office will also take place, if applicable.

##### **Grocery Store Tour**

Together we will shop your local grocery store whereby you will be given quick and easy tips for prudent shopping, label reading and a customized selection of healthy foods. We will discuss delicious and healthy substitutes that you likely never knew existed.

##### **Nutritional Protocol, Supplements and Eating Out**

Get the skinny on dining out, portion control, sports performance nutrition, stress/emotional eating, eating on the run, vacation meals, lowering cholesterol, osteoporosis, vitamin/mineral supplements, and more.



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p: 713.291.3200

f: 800.787.4378

[brad@backbenimble.com](mailto:brad@backbenimble.com)

## KNOW YOUR COACH

**Dr. Brad Lustick** - age 53

An accident led to my retirement from a long, successful chiropractic back pain and wellness practice.

Thus, in addition to many years of clinical experience, I had my own personal experience conquering serious physical limitations and obstacles to wellness. I've since created the "My O-W-N Fit Life Program", a comprehensive and scientifically sound approach to helping others overcome obstacles to reaching their own health and fitness goals.

- Athletic experience: wrestler, martial artist, track & field, and cross country cycling
- Undergraduate University Curriculum: pre-medical, sports science and physical education
- Post Graduate Curriculum: doctor of chiropractic with a long, successful back pain and wellness practice
- Further Studies: biomechanics of the human gait, kinesiology, nutrition, herbology and nutraceutical applications to health, wellness and exercise performance
- Internet Start-up in 1994: pioneered the sale of products for wellness and self-care after creating the website known as BackBeNimble.com. I have functioned as product researcher and ergonomic consultant for 16 years and continue to do so.

## MY OWN OBSTACLES

- **Obstacle 1:** In 1992 I was disabled from my chiropractic practice due to a serious low back impairment resulting from an automobile accident. This was followed by weight gain and lumbar disk degeneration.
- **Obstacle 2:** In March 2008 I had a near death experience resulting from Grade IV Congestive Heart Failure concurrent with a cardiac arrhythmia. I was drowning in my own fluids and doctors contemplated a heart transplant. In the interim I was treated via invasive medical procedures and given strong medication to alleviate the out-of-control heartbeat. Faith in my body's own recuperative powers resulted in my quest for self-healing and wellness. Sheer determination, a modified lifestyle and the best of nutritional science enabled me to take back control of my life and energy. Since that experience, I've gradually improved my state of wellness to a point whereby toxic, high-dosed medications are no longer necessary.
- **Obstacle 3:** During my cardiac incident, the immobility and disability led to severe degeneration in the cartilages of my right knee and a bout with plantar fasciitis.

## RESULTS AND PERSONAL DEDICATION TO MY CLIENTS

I know what it is like to feel ill and debilitated. Yet, I also know how great it feels to be well again. I have reached a level of fitness and well being equal to that of others half my age. I feel full of vital energy and have an endurance level that is off the charts. My back pain is currently stable, my knee pain is gone and the plantar fasciitis has subsided. In the quest to overcome my obstacles and improve my health I lost 47 lbs., dropped 3 pant sizes and took 7 inches off my waistline. I no longer awake with morning stiffness or pain of arthritis.

I've dedicated my life to helping others achieve a better state-of-wellness, regardless of limitations and current state-of-health. My concepts integrate western and eastern philosophies of fitness and healthy living, as well as tap the resources of both conventional and alternative medicine. My clients will learn to live well and be well, work toward current health and fitness goals, and overcome obstacles along the way.

## **COST FOR MY OWN FIT LIFE PROGRAMS**

**Initial consult/history** (face to face - \$45 for 30 minutes) This, quite simply, provides an opportunity to obtain a visual portrait of your personal health as well as gather information that will be utilized to develop a customized plan for achieving "Your Own Fit Life".

### **Plan Development Including Initial Fit/Well Session**

**Level 1:** \$250 (healthy individuals with perhaps minor musculo-skeletal issues, yet without obesity, cardio-vascular conditions, cancer or other serious illness).

**Level 2:** \$350 - \$495 (for individuals who are debilitated, obese, or those suffering or recovering from rheumatoid arthritis, diabetes, cardio-vascular conditions, cancer or other serious afflictions).

Price is dependent on condition and degree of physical impairment and the time necessary to develop a customized program. Thus, cost varies as a function of an individual's specific needs and state of health. This Initial Workup includes a comprehensive initial session to explain the details of your personal program, a visit to your home for a lifestyle assessment, and a trip to the grocery store for shopping behavior modification. At that time we will also schedule your included initial fit/well session. After the initial fit/well session, we will ask for your commitment to our 60 day kick start program. Your acceptance is a pre-requisite for us to accept you as a client.

All clients accepted into our kick start program will have either TWO 1.5 hour fit/well sessions per week or THREE 1 hour sessions per week. Although you are only spending 2 to 3 days per week in session, you will be performing some form of prescribed exercises 5-6 days per week. All participants are entitled to a weekly 8 minute pep talk and Q & A phone consult at no extra charge (additional 911 calls will incur a charge of \$1.00 per minute)

### **Fit/Well Sessions (Mon-Sat)**

Individual Fit/Well Session \$99 /hr or \$140 /1.5 hrs

Couple Fit/Well Session \$120 /hr or \$170 /1.5 hrs

Buddy Fit/Well Session (2 persons not living in the same household) \$160 /hr or \$210 / 1.5 hrs

### **Missed or Cancelled Sessions**

Sessions missed or cancelled without 48 hours notice shall be charged at full price

Missed sessions may be made up on Saturday or Sunday at a 20% up charge

### **Discounts Available**

4 sessions paid in advance earn a 10% discount

8 session paid in advance earn a 15% discount

Pay whole 60 day kick start program in advance and receive a 20% discount

Refer a new client and earn a complimentary session for yourself

### **Travel Considerations**

Travel greater than 25 miles from 14027 Memorial Dr. Houston, TX 77079 incurs a travel charge of \$1 per mile

**CALL OR EMAIL TODAY | Brad Lustick | 713.291.3200 | [brad@backbenimble.com](mailto:brad@backbenimble.com)**

## **DO ANY OF THESE APPLY TO YOU?**

Want to feel better with every birthday?

Want to remain self-reliant?

Are you struggling with a poor prognosis related to your health?

Do you wish you could run like you used to, but can barely walk?

What if you could overcome chronic pain and the debilitation from old injuries?

Would you like to fit into your old clothes?

Do you suffer from diabetes, high blood pressure, heart problems or obesity?

Are you recovering from surgery?

Are you always a spectator but your days as a participant seem over?

Are you not able to interact with your grandchildren like you want to?

## **IF YOU ANSWERED YES TO ANY OF THESE QUESTIONS, WE HAVE SOLUTIONS**

Ponce de Leon searched for the “fountain of youth” but never found it. He was looking in the wrong place. The power to feel youthful throughout our lives is God’s intention and exists within all of us. Researchers in life prolongation have determined that our bodies were designed to live and be sexually active for 130 years. So, how do we rebuild a healthy, nimble body and foster a long life? The process begins in the mind. You must conceive it and believe it to achieve it. As a passionate lifestyle and wellness coach, I’m here to assure you that the power to do so is within your grasp. Begin a quest to renew yourself and obtain a vibrant, youthful state of well-being. You may not be a fitness fanatic, and the thought of living like a health nut to age 100+ may not be what you fancy. However, everyone wants to feel good and live with gusto. Your valiant effort will entitle you to do so. **We’d love to help you be well.**

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