

Coach Peggy's Story ~

Grab an **espresso** and let's get acquainted...oh and just one donut, please...

I must say I have always had a hard time compartmentalizing my personal and professional life. I just smoosh them together like a warm PB&J. Why- -because I am innately wired and feel so blessed to be a part of others' self-discovery and improvement, therefore, I can't do one without the other. Thus, my personal and professional lives have always bled over. Witnessing others find the best version of themselves not just nutritionally and physically, but in terms of finding or improving self-love, confidence, improving social relationships, AND yes, learning food is fuel not foe, physical strength rules appearance, sleep is sexy, all leave me screaming "You deserve everything! You are everything!" **YES, let's ride off on my Unicorn!**

We are all human and have bridges to cross and crosses to bare – me, too. Dang! Where do I begin? I have always been physically, mentally and emotionally active. I was a little tortoise-like in my spiritual discoveries, however. My struggle: I often put others first. Yup, that thingamabob. You, too? Over the years, I have learned to recognize when my Red Flags are waving such as: working too hard and too long, not eating, poor quality sleep and my life-long battle with migraines, but I struggle to figure it out soon enough. Just like you. So, I get it when you all struggle. Being healthy is a tough balance. It is not always EASY, and getting well or staying well can feel like a job!

News Flash - There is NO CURE to fixing wellness without the effort! What? No cure to wellness. There is no end. AND, you are NOT exempt. **[insert pause...take another sip of that simmering espresso.]**

I have been in my industry for more than a hot minute. For over 30 years, I have hovered in the health, wellness, fitness, medical and academic industries. I have been blessed to work hand in hand with thousands of clients from high school students to military dependents and the enlisted to athletic competitors to eating disorders to co-morbid disease states in diabetes trials to every corporate wellness environment you can just about imagine. I know-vomit---enough already. Hang tight. I have a bit more dish.

You say, "So, yes, you have had a diverse career, but how can you do one thing for so long?" WHY? Well you see, my passion and purpose aren't like a job. It is like a movie or a journey or experience...I LOVE to watch people light up like a Christmas Tree when they experience an Aha. I live for Ahas. When my little peeps truly comprehend a concept or perhaps have try that something a million different ways, and then bam it settles in – they all of a sudden get it...I live for those moments. Wellness is chock full of Ahas if you believe in yourself and others long enough. And, I believe – so that is why I have hung out for three decades. An aha is like cupcake frosting licking time. And, Yes...Yes...I love meeee some baked goods. That's why I live in a Bargain World... be active, Coach, so you can have a treat (once in a while).

Z u m b a = D o n u t s

I have tucked away endless, creative solutions, strategies and tools and a gazzillion experiments for us to play with, all married up with my no-nonsense, shish on the excuses (I have heard them all), getterdun approach, we got this. I GOT YOU! As long as you are

willing to do the actions! You will go through all sorts of emotions...you will either like me and sometimes hate me or hate that you do hate me or hate to like me, but one way or the other you know I am on your side and you will always know where I stand. Which is why I am still in touch with clients from back in the day of leg warmers and matching bandanas. I am honest. And that is what you need. I tell you what you need to hear not what you want to hear.

After just a few minutes, you will know I am transparent, authentic and that I love you, and I mean it! You will know I believe you are stronger, smarter and braver than you do, and you know I will say very often... "Pretend to trust me until you do." I know, blah blah blah-but basically what I am telling ya, I really love what I do, where I do it, how I do it and I don't want to do anything else. Now onto a few more things...**[insert, "Filler up, Martha, coffee gett'n cold!"]**

Forever, I have heard clients say: "I am too busy or wellness feels selfish or being healthy is hard or I'm different so this won't work or I can't follow a plan because..." Therefore, after a lifetime of working for "others" who didn't get it (yeah, I mean Corporate America, boy you are a smart little chickadee), I founded my own coaching business: **3WellnessPillars** on the premise of creating solutions for **Real People** in their **Real World**. An experience where clients learn to take back control: how they really want to fit wellness into their life and lifestyle. Instead of randomly following a self-help book or a certain diet – you can actually choose or if you even want that gym membership at all. You will learn there is no black-and-white, cut-and-dry way to get well. And, my love, that is the secret...you have now arrived into the All Mighty Maintenance Promise Land. Wellness is about living the healthiest YOU that YOU can in YOUR REAL WORLD. Your glass of wine; your squats, dammit.

In 2019, my business world took a spin, it was time for **3WP** to grow. Yes, a focus on 1) nutrition 2) exercise/movement 3) mindset/habits/behavior management were still vital, but there was simply more to learn, teach, coach and speak about. I won't go into all the gore – that will be in my book...the bottom line, I worked with a mentor for 9 months, started a new business: **ALL THINGS WELLNESS**. I re-branded, trademarked a new 24-spoke Wellness Wheel model diving into 24 components not three, put to rest my old Radio Show: Coach, Couch and Coffee birthed **The Coach Peggy Show**, launched a new website and Why? Because that is what I do...I evolve. I am All Things Wellness. Some talk about wellness – some dabble in well-being. I blend it all.

I will continue to throw open the doors with twists in tools and strategies that work for individuals at work, home and play, and offer diverse products such as: coaching virtually (individually, buddies, couples, small group series), MASTER CLASS workshops, corporate wellness initiatives, wellness retreats, webinars and seminars, a coaching certification program, speaking events, nail my radio show, write a few books and more. Who said living in your 50s was time to slow down?

[Java down to the last drop, Coach] I will tie this up...wellness and well-being cannot be fixed with stand-alone cures from Boot camps or retreats or gyms or books or even surgeries. The stresses of our day to day, our relationship ups and down, unhealthy personal habits and behaviors deeply embedded some even from childhood, and all the other curve balls life throws make each of us unique - yet so similar. No one has wellness

figured out...there isn't a key to the fifth dimension that gives you all the answers to your life purpose...if these were nailed - health and wellness wouldn't be a trillion-dollar industry and the metaphysical industry wouldn't be drawing in over \$2 billion.

Let's do YOU, together... become your own **Mindset Master**. Take control. Smile wider. Love harder. Live fuller.

I embrace you with empowerment, no judgment and a tad of tough love.

With ACTIONS comes MOTIVATION which equals SUCCESS.

And as I say, "You are not that special - we all have \$hit!"

But honestly, once a client...always Family.

Love you, mean it, Coach Peggy