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REAL BALANCE
www.rebalance.com Global Wellness Services, LLC
Wellness Coach Training Institute



Wellness Coaching News

"Educating, Certifying, and Supporting Great Wellness Coaches"

"We are what we think. All that we are arises with our thoughts. With our thoughts, we make the world."

Siddhartha Gautama (The Buddha)

Certification Webinars

Webinars take place over the internet from the comfort of your home or work and are live and interactive. You see and can talk with the instructor.

Register Now!

Registration Fee = \$1090.00 for 32 hours with discounts

WM360™ "Wellness Coach" Certification (20 hours)

- May 5th - June 7th 12pm - 2pm Eastern time (T/Th) Early registration date 3/15

Registration fee = \$895, Manuals, certification and CD Toolkit and web based support included.

Participant will need to purchase Wellness Coaching for Lasting Lifestyle Change by Dr. Michael Arloski

WM360™ "Health Coach" Certification (12 hours) Prerequisite: "Wellness Coach" Certification.

Taking It Outside: Green Fitness With Proven Benefits



As those of us in the Northern Hemisphere come out of hibernation the opportunities to get some exercise outdoors come with the new seasons of Spring and Summer. Turns out there is mounting scientific evidence that our people-powered recreation and

purposeful exercise outdoors gives us benefits not matched by the indoor workout.

An extensive research review by *The Peninsula College of Medicine and Dentistry in England*, "found that most trials showed an improvement in mental well-being: compared with exercising indoors, exercising in natural environments was associated with greater feelings of revitalisation, increased energy and positive engagement, together with decreases in tension, confusion, anger and depression. Participants also reported greater enjoyment and satisfaction with outdoor activity and stated that they were more likely to repeat the activity at a later date." <http://www.disabledworld.com/fitness/exercise/outdoor-exercise.php>

