



STRESS

MOJO

BALANCE



THE GAME PLAN:

Set the intention to wake up 30 minutes earlier each morning, using this time to center yourself physically and emotionally, so you're fully prepared to engage with both your family and work.

30-minute 1-on-1 coaching session (optional).

New habit planning and strategies to boost your metabolism.

Sign up for the program and receive your Habit Tracker to begin tracking your progress. Share your experiences with a Health Coach, who will support you in setting new habits and goals throughout the year.

AYSE MAZICIOGLU
SENIOR FITNESS TRAINER &
HEALTH COACH
EMAIL TO REGISTER:
MAZ02@HENRICO.GOV

TRANSFORMING YOUR LIFE WITH NEW HABITS

**STARTING JANUARY 13,
2025**

JOIN NOW