

Any of these ring true to you or your organization?

- Absenteeism making a dent in productivity and the bottom line?
- Employee morale low?
- Team energy negative or hostile?
- Focus impaired or lost?
- Results depressed?
- No time or energy for living?
- Struggle of work, play, and family?
- Turnover high?

- **D**o you feel like you are reaching your full potential?
- **D**o you feel that those you support are reaching their full potential?
- **A**re you an A player asked to take on something new and wondering if you can still produce at an A level?
- **A**re you unable to focus and be on when needed for your best results?
- **D**o you find your life out-of-balance with a lack of exercise, rest, personal time, etc., impacting your work performance?
- **A**re you struggling to find how to balance your health, family and work life so you can actually have a personal life?
- **W**ould you like to find easy and more effective ways to reach your health potential?
- **W**ould you like to see more opportunities to be healthy with your busy lifestyle?
- **A**re there situations you know you need to tackle, but can't seem to find the energy to do so?

- **A**re there opportunities you could capitalize on, but you don't take the action— because you can't seem to fit one more thing in the time you currently have each day?
- **W**ould you like to find more time to do what you want in your day outside of work?

No matter what business you are in, you'll likely agree that just because someone is not sick it does not mean they are healthy! Most diseases today take 15-20 years to develop, but a healthy lifestyle, outlook and strategy can help in prevention and creating the possibility for a long healthy life. The information presented in the **LiveStyle Program™** does not include 'quick-fixes' - which never work long term - but principles that work when implemented and practiced. With the LiveStyle™ wellness program, the implementation and practice become second nature so that there are sustained long-term results in all areas personally and professionally.

La Vita Vital can help you to produce the results you and your organization desire.

The education, resources, tools, strategies and ways of being, and the processes to implement will be integrated in the individual or team so they are easily applied for an enhanced quality of life, professionally and personally. This is an investment in the lives of individuals by enabling them to be more powerful and effective, physically and mentally, for reaching an increased level of performance as a byproduct of enhanced health.

- ▶ Creates the framework for increasing and SUSTAINING productivity, motivation and enthusiasm
 - ▶ Decreases absenteeism by improving health status
 - ▶ Improves team attitude and energy dynamics, influencing performance
 - ▶ Provides a stronger employee/employer relationship by recognition of key factors that will enhance the quality of life of the employee and their family
 - ▶ Strengthens employee loyalty
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Employee or Executive Consulting

In designing a consulting relationship with your employees or executives, we work together to identify the outcomes that the individual seeks to achieve with their health and well being, whereby enhancing their productivity, performance and loyalty to the company providing the coaching. Initially we select specific areas of focus related to their health that have been holding them back in their

personal life and/or business life. We focus on identifying the individual's present mindset, physical and social behaviors which produce the results they are currently experiencing. Through this consulting, we provide education, which stimulates awareness, creating a shift in not only consciousness but also an opportunity with the resources and the tools to live a healthier and more productive lifestyle. Practical lessons are instituted that apply to each individual's life that can be applied immediately for incremental and compounding results over the course of the program and their life.

Component Steps

- Identify 1-3 areas for optimal health and performance with the organization/ employee.
- Initial evaluation and review for 1 – 2 focused hours of discussion to begin forming the relationship with the organization/employees and understanding their framework, needs, goals, current approaches, etc.
- Create a 4-6 month written strategy to reach the possibilities the organization/employees desire, within the process described above
- Availability of organization 1 time per month and employees for focused conversation 3-4 times per month, on the phone or face-to-face, for one hour per week, supplemented with email communication between scheduled conversations.
- At the conclusion of the program, create a 1-2 page summary of further strategies that can be continued with continued consulting and are designed to reinforce the shifts to not only continue to achieve more long-term results but to sustain them.

Business Team Coaching

Business Team Coaching is a powerful service and tool for organizations who are seeking to support their valued teams by demonstrating they care, to improve the organization's bottom-line results in productivity with less sick days, higher employee retention, a happier environment, and healthier atmosphere.

Business Team Coaching is implemented by coaching a full team on a range of results for their health and well being, with the top 5 being weight reduction/management, more energy, how and what to eat with a busy lifestyle, how to stay healthy and fit once you get there and still have a balanced life. Once the team outcomes are outlined, we determine action steps and begin implementing each with accountability of each team member and with the coach. The team always focuses on the ultimate result, prioritizing actions toward that result, and integrating the output as team players with accountability, a much more meaningful outcome is achieved by all with long-term sustainability. Any team in the organization can utilize this coaching with coaching of the necessary strategic activity consistently.



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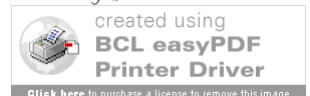
Kimberly Mac brings 14 years of research, training, practical implementation, leadership, and coaching success in the ever-evolving health and fitness area to assist individuals and companies in achieving optimal performance with a balanced lifestyle. Her personal life altering experience of being diagnosed with Fibromyalgia, an “incurable” autoimmune disease, and her passionate purpose to make sure others never suffer the fate of helplessness as a result of ill health, along with her arsenal of information and resources, and the results of curing herself and helping countless others back to vibrant health, equips her with not only experience but also skills to consult people to optimal health for increased life experience and maximum performance.

As a trained leader for Anthony Robbins, she worked with hundreds of people in all areas of human development with coaching. She has also made personal and human development a way of life with perpetual study and graduate of success programs such as the Landmark Forum and the PAX Understanding Men and Women continually evolving curriculum. Kimberly acquired many private health coaching clients as a result of personal health issues of many of the participants from obesity to anorexia and simply toxic health which led her to creating a system for living younger longer called LiveStyle[™] to assist anyone in reaching and sustaining optimal health. Additionally, Kimberly is certified as a live food chef and instructor so she has a complete understanding of healing from foods and nutrition needed by the body to slow aging and experience life to its fullest. She moved to Orange County, from Connecticut to expand her business in an environment that encourages and promotes healthy living and created a healing space for her various coaching programs in Laguna Beach. In the past eight years, she has created a business that is growing as a result of consistent demand and low supply of consulting specific to healthy living, not just fitness.

Kimberly received a Bachelor of Science degree from Michigan State University, summa cum laude. She did her post-graduate studies at Parson’s School of Design for fashion in New York City, being hired away from school as an award winning designer. She graduated from the year- long program of The Anthony Robbins Companies, Mastery University and Leadership University, is a graduate of the Landmark Education and Advanced Program and was a group leader for the Landmark Education 12 week series and a graduate and student of Understanding Men and Women held by PAX. She received a Live Food Executive Chef and Instructor Certification from The Living Light Culinary Arts Institute. She is a contributing Best Selling author of two Wake Up Live The Life You Love books; Finding Your Life’s Passion and Finding Life’s Passion, an evolved reprint, as well as

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contributing author to the Raw Food Bible and co-author of Real Food Real Fast Lifetime Eating Plan. As an international speaker on health and nutrition education she has spoken on Dublin, Ireland television on autoimmune disorders, on CT television on healing of live foods, and a frequent speaker for seminars and events. She has been featured in Laguna Life & People, a contributing writer to Personal Development Magazine and health editor for To You Magazine online. She was selected as a preferred health expert for the motivational movie on mentorship and results leadership called *Pass It On* in 2007.

Results

Once the initial outcomes are accomplished, the individuals and the teams will have the awareness, education and the strategies integrated into their being in order to implement the programs effectively for sustained long-term results.

The Process: Simple, proven and time-tested principles for an easy to follow 4 part system for success

Phase 1, lasting anywhere from 4 – 6 months with each organization, will explain and implement effective techniques for attaining optimal health from the inside out. This approach has helped clients increase vitality, decrease stress levels and sculpt the body of their dreams. The phase of consulting describes common problems that, if not quickly identified, can become roadblocks to success (such as ineffective exercise programming, poor nutritional habits, myths busters about carbohydrates, protein and fat, labels and ingredients for maximum nutrition and energy, stress, hormonal imbalance and gastro-intestinal disorders which could be from lack of awareness of nutrition/digestion factors, mind and body connection, and belief systems related to any issue preventing maximum realized potential).

Each subsequent phase takes the organization to a new level, continuing to solidify the results with proven success with wellness programs over a 2-5 year period reducing significant financial draw on the company and increasing bottom line results.

Part 1: Momentum thinking.

Creating awareness, Certainty, Excitement, Focus, Commitment that is all Resolved with action towards purpose using a process that is duplicatable to achieve any goal.

THE POWER OF MOMENTUM THINKING & DOING-6 STEPS TO EXTRAORDINARY RESULTS

1. GET CLEAR.
2. GET CERTAIN.

3. GET EXCITED.
4. GET FOCUSED.
5. GET COMMITTED.
6. GET STARTED WITH MOMENTUM.

Part 2: Strategy.

Developing and systemizing a strategic action plan with accountability for results.

Part 3: Resources.

Education and information to build the legs of certainty in order to integrate the individual's/organizations determined actions into everyday life.

Examples are nutritional information, including decreasing acidity, decreasing sugar cravings, increasing metabolism naturally and effectively for fat reduction and elimination, lean muscle mass builders, mood stabilizing nutrition and how this can improve your performance, energy vitality and libido, balancing hormones, etc.

Part 4: Action & Results.

Accountability program provided to the individual/organization for continued success through consistent practice utilizing the Health Portfolio of the company and the team players.

Continued flow of pertinent consulting per individual/organization's focus and purpose with consistent practical application for an individualized program and implementation that applies to their lifestyle requirements.

Within the Health Portfolio:

- ▶ Three month "step-at-a-time action/accountability plan" towards the achievement of optimum health and vitality and individual's/team goals
- ▶ Health and Lifestyle coaching objectives set per individual/organization for ongoing consistency

Confirmation that wellness programs are effective

Advising people on both a group and individual basis, Kimberly's approach has seen results within the United States, Australia and Asia and, as evidenced in these testimonials:

- "Kimberly is a passionate, high energy and inspiring coach who provides incredible insight into each of our routines, providing us with key principles and strategies to implement for enhanced well-being in our business and home lives. I cannot stress how integral the program is for any organization who values their people".
(Monica Rivendiera, RN, BSN, LMT, Miami Beach, FL)
- "Kimberly is an inspirational and passionate person with incredible insight into each of our daily routines. I would highly recommend any program with her company as an important part of staff welfare".
(Samantha Juniper, Juniper Development, Mooloolaba, Australia)
- "What I have learned from Kimberly so far has helped me add more productive hours into my day. As a grant writing consultant, my income depends a lot on the amount of written work I can produce. I also have the ambition of completing a book during my free time and becoming a published author. Before meeting Kimberly, I knew my diet was working against me. Starting with breakfast, I seemed to lose energy and concentration ability with every meal or snack. After hearing Kimberly speak at a conference and having several phone coaching consultations, I am on a diet where my meals and snacks actually add to my energy level and concentration. Because old habits die hard, I am not quite on her full program but I am already able to think clearly throughout the whole workday and make a lot more progress on my book in the evenings than before. The green smoothie is my favorite. Every time I drink it I want to write or call Kimberly to thank her for sharing this recipe. In a million years I would have never guessed I could feel this much energy from a drink that didn't have caffeine!"
(Stephen Price, Chico, CA)
- "I met Kimberly during a Tony Robbins Date With Destiny in Australia and I knew immediately after hearing her and watching her live healthy that I wanted to know how to do that as well. Being a person who had struggled with anorexia and bulimia all of my life until I met Kimberly, I was blessed to have her as my consultant to healthy living. She not only taught me how to live in my new healthy body but to have the healthy mindset that is even more critical to results in every area of my life. I now teach girls who have suffered from the same illness that I had, which is really an illness of the mind. Anyone who has the opportunity to work with her is blessed".
(Clare Bostock, Student, Singapore)
- "A true picture of youth herself, she walks her talk and is an inspiration for all to live healthier - for beauty and for longevity. Kimberly Mac lives, breathes and teaches rejuvenation and youthful vitality. If you are ready to experience the best health ever now, Kimberly can take you there!"
(David Wolfe, Author - *The Sunfood Diet Success System, Eating for Beauty and Naked Chocolate*)
- "She knows her stuff, conveys it well, and walks her talk. Expect the best from Kimberly because that is what you will get."
(Dr. Douglas Graham, author of The 80/10/10 Diet)

Learn how to get the LiveStyle Program™ for your company today by calling Kimberly directly for an initial meeting at 949.735.5883 or emailing kimberly@lavitavital.com.