

GUIDE TO PERSONAL WELLNESS

COMPLIMENTS OF:



Debi Balmert, owner of Debi's Personal Training & "Original" Backyard Boot Camp, along with her "team" of Wellness Professionals, have put together a guide to help you reach your health and fitness goals. We hope you find this information useful in your quest for Good Health.

"Live Inspired"

EXERCISE

Exercise enhances your personal well-being by creating "feel good" energy, a sense of achievement and an enhanced self-esteem. The physical benefits of regular exercise include increased cardiovascular health, stronger bones, higher metabolism, improved balance, more energy and greater flexibility. Exercise really is "The Fountain of Youth"!

Debi Balmert, Certified Personal Trainer

Debi's Personal Training www.GotGut.com (440) 355-6100

NUTRITION

Nutrition is very important when it comes to health and wellness. Everything that goes into our bodies, from food to beverages, has a profound effect on our well-being. You can take charge of your health and prevent many diseases by understanding what your individual nutritional needs are and learning practical ways to help you achieve your nutritional goals and maintain them.

Kim Handley, B.S. Holistic Nutrition; Certified Nutrition and Wellness Coach

www.GotGut.com (440) 355-6100

IONIC DETOX

Relax while your feet soak in a warm bath of sea salt for 30 minutes. The water is energized to attract positive & negative ions to stimulate the release of toxins in your body. The treatment is painless & safe for all ages, allowing you to enjoy and be captivated by the visual effect the process creates. Ionic Detox can assist in general body balance, lactic acid reduction, kidney function, general metabolism, menstrual pain, liver function, skin problems / acne, arthritis, weight loss, circulation, flatulence/bloating, bad breath, headache relief and joint pain

Mandi Quimper, Ionic Detox Specialist
440-567-0023

REFLEXOLOGY

Reflexology is the science that gives the whole body, organs, glands, and nerves a complete workout through specific pressure points on the feet and hands. It's actually boot camp for the internal organs. The entire process takes 1/2 hour to 45 minutes to achieve by a certified reflexologist. It makes the entire body feel rejuvenated and ready to jump into action. The benefits include: relaxing, balancing & harmonizing the body; releases tension and stress; helps rid the body of toxins and encourages a healthy immune system.

Melva Oseka , BSE,ARCBC,CCHT -- 440-365-4380

ANGEL THERAPY

Kim Wasielewski of Angel Inspirations will help you to connect with your personal angels. Your angels can help you with wellness in all areas, physical, mental, spiritual, emotional and must be achieved through the "whole" person. So complete your wellness by reconnecting you to self, helping you achieve the realization that there are no limits and that everything is possible when you invoke the angels in your daily living!

Kim Wasielewski-Angel Therapy Practitioner ®
Angel Inspirations www.yogabykim.com/angelinspirations 440-877-0002

EMOTIONAL FREEDOM TECHNIQUE

EFT is a form of psychological acupressure, based on the same energy meridians used in traditional acupuncture to treat physical and emotional ailments for over five thousand years, but without the invasiveness of needles. Instead, simple tapping with the fingertips is used to input kinetic energy onto specific meridians on the head and chest while you think about your specific problem - whether it is a traumatic event, an addiction, pain, etc. -- and voice positive affirmations. EFT can help you remove negative emotions, reduce food cravings, reduce or eliminate pain and implement positive goals.

Betsy B. Muller, MBA, CMOM, Certified Energy, Wellness & Business Coach
The Indigo Connection www.theindigoconnection.com 440-238-4731

MASSAGE

While the benefits of massage are endless in helping you maintain a healthy body, the initial stress relieving, soothing results are enough for many to include it as a regular part of their health maintenance routine. Some of the basic benefits beyond stress and pain relief are the lowering of blood pressure, aiding of digestion, improves circulation, boosts the immune system, improves range of motion and helps restore strength and suppleness to your muscles.

Think massage is just a "luxury" for those well-to-do folks and professional athletes? Think again. Massage will help you recuperate more quickly from your workouts, keeping soreness at bay and increasing your flexibility. Massage helps prevent injuries and lessens your downtime when you do get injured, allowing you to come back stronger and healthier. So, if you're serious about your health and wellness program, get serious about massage. Experience the massage connection secrets of elite athletes. Isn't it about time YOU benefit from massage too?

Kathleen Goggin, LMT, www.MassageConnection.net 216 544-7306

Debbie Kacic, LMT Nature's Touch Massage Wellness Center 330-721-9357

www.NTWellnessCenter.com

Molnar Massotherapy Lagrange 440-355-5488

Karri Hwang Massotherapy N. Ridgeville 440-353-1061

Victoria Cross Columbia Station

PERSONAL WELLNESS COACHING

True health is more than just being free from symptoms. Whether you are battling a serious illness like breast cancer or simply taking steps to improve or maintain your health, it is important to look at the BIG PICTURE. Our Body, Mind & Spirit all impact our well-being. I am a Board Certified Holistic Family Nurse Practitioner, Certified Herbalist and Personal Wellness Coach dedicated to providing you with a personalized, comprehensive, holistic approach to your health needs and concerns. You will receive caring and individualized attention to your unique strengths, challenges and goals. Together we will co-create a lifestyle plan to achieve profound wellness. Consultation by appointment, in person or by telephone.

Paula Vetter RN, MSN, FNP, CDE (330) 725-0441

Paula@ProfoundWellness.com

*Holistic Family Nurse Practitioner, Certified Diabetes Educator,
Certified Herbalist, Reiki Master/Teacher, Personal Wellness Coach*

YOGA

Yoga works at the *cellular* level to heal, rejuvenate, and invigorate your body/mind. It restores through the "relaxation response" allowing healing endorphins to flow and the metabolism to perk up. Strength-building and stretching Yoga moves build physical strength and flexibility. Yoga promotes peace of mind, emotional wellbeing and connection with your "inner healer". *A must for everyone!*

**Michelle Star Yoga & Healing Arts, yogastar@ncwcom.com
www.michellestar.byregion.net**

REIKI

- Reiki is the ancient, laying-on-of-hands technique, which, according to Patanjali's Yoga Sutras written over 2000 years ago, is the type of healing Jesus used. Reiki is Universal Life Force drawn into and directed through the practitioner's hands, to assist in the alleviation of pain, promote and expedite healing of wounds, emotional and energetic imbalances and at minimum provides profound relaxation. Treatments by appointment. References available upon request. Reiki healing info provided by Michelle Star Yoga & Healing Arts

**Michelle Star Yoga & Healing Arts, yogastar@ncwcom.com
www.michellestar.byregion.net**

Thank you for your interest in Health & Wellness. We highly regard the professionals who've contributed to this Wellness Guide. We all look forward to helping you reach your health & fitness goals! Feel free to call or e-mail any of us if you have any other questions or to schedule an appointment.

Create a Beautiful Day!

Debi Balmert & Staff at Debi's Personal Training "Original" Backyard Boot Camps & More!

p.s. We also offer Customized Corporate Fitness Camps, Nutrition & Wellness Workshops,