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Executive Tuneup

Creating a New Benchmark for Optimal Health



How does your health compare with the performance of a sports car? Sometimes trading-in something old for a newer model is not only a preference, but a necessity.

If you were a highly-tuned sports car, would you feel like a Lamborghini, Ferrari, a Porsche...or a broken down heap? When you were in your 20's you were fast, responsive, shiny and new; now you may notice you're slowing down, your on-board computer isn't working as well and rust is starting to form on the body.

Maybe it's time to correct the 'pull' that sometimes steers you into unhealthy lifestyle behaviours with an alignment. Have you been giving your body high-octane fuel for optimal performance or have you been using an inferior octane for over 10 years? Perhaps a tune-up is exactly what you need. Constant redlining will require meticulous attention to maintenance to keep everything working properly. Is your health any different?

Even if you don't have a type-A personality you may still view stress as 'part of the deal' and consider yourself merely a 'week-end-warrior'. Check your RPM gauge gentlemen: you may need to shift into the next gear. Most of you have spent a considerable number of years cultivating the lifestyle you've always wanted; you've paid your dues, sacrificed your time and energy and now you're almost there. But is there still room for improvement? Maybe you're tired of feeling tired, sluggish, stressed, over-worked and less than razor-sharp?

A new approach to wellness.

Since 1999, the Benchmark Group Inc – a wellness coaching and consulting company based in Toronto – has specialized in high performance wellness coaching and in-home personal fitness training. The Benchmark Group offers individuals two complementary paths to health: high-performance coaching for optimal wellness (shift) and in-home personal fitness training (drive).

What is high-performance wellness coaching?

Wellness coaching is an all-encompassing process that builds awareness by focusing on goal-setting, optimizing physical and mental well-being, and building the skills needed to sustain positive change. Coaches empower clients to achieve goals in the areas of nutrition, fitness, stress and health – the core issues that effect wellness. To assist you in achieving your peak wellness performance we start modifying unhealthy behaviours, then co-create a strategic wellness plan with long and short term goals. We motivate, educate, and assist you in developing adherence and accountability for your best ever health.

Serious about getting you where you want to go. We take your goals seriously. The benchmark group is results-oriented; we guarantee that you will achieve a minimum 75% of your goals. We offer performance-based coaching with a proven track record. Using progressive coaching methodologies and innovations our coaches will help you realize your health potential, focus on long-term solutions and bridge your 'wellness gap'.

30 minutes to your best health ever.

The Benchmark program empowers you, offering 3-12 month programs that deliver healthy results. Unsure what your health potential looks like? By incorporating a structured approach to wellness, we enable you by developing a wellness vision, a clear blue-print with custom-tailored goals you'll implement, focusing on immediate and future goals. To achieve your desired results, weekly 30-40 minute coaching sessions are scheduled with unlimited follow-up in between sessions for the duration of the coaching relationship.

Benchmark's 5 step approach for optimal wellness performance.

The first step is to find out where you are today and how ready you are to change. Only when we know that you are ready

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will we take you where you want to go. We'll help you identify the stage of change you're in with our comprehensive needs assessment. A wellness vision will provide the foundation for making your goals a reality; once you begin visualizing yourself being successful, you will be.

Once you know where you're heading, a few realistic 3-month goals will be developed to pull you closer to your vision of optimal health. These goals will enable you, defining a clear path for the future, bringing success one step closer. Measurable weekly goals are set and reset to further enhance the positive changes you'll be making. When you achieve those agreed upon results, new goals will be developed and your pursuit for optimal health will continue.



How will being healthier change your life?

By taking control of your health you may experience a variety of life-enhancing improvements: increased energy, spending more time doing what you enjoy most, decreased stress levels, increased productivity at work, improved memory and concentration, a more balanced work and family life, improved health issues (depression, diabetes, hypertension, high cholesterol) and renewed confidence. You've come to expect only the best from your car; why not expect the same performance from your health? —MARK STABLES

For more information please contact The Benchmark Group at 416-428-3536 or visit them online at www.benchmarkgroup.ca

How do you benchmark your health?

Let us bridge your "wellness gap"
Coaching you from start to finish

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