

**WHEN WAS  
THE LAST TIME YOU  
TALKED WITH SOMEONE  
ABOUT YOUR HEALTH AND  
RECEIVED THE  
PERSONAL ATTENTION  
YOU DESERVE?**

*My mission is to inspire and guide you to success. You can change your health however you define it and shape it. I will help celebrate your authentic self to realize your full potential using your inherent strengths. I believe good health can be achieved through addressing the following health pillars vital to wellness:*

***Nutrition, Sleep, Movement,  
Stress, and Connection***

*Are you ready to define your success, resolve your biggest obstacles, and live your best life ever? Don't just think about it...start living it!*

**No single diet works for everyone.**

As an Integrative Nutrition Health Coach, I am your personal advocate for living an energized and passionate life. I work with my clients to help them create happy, healthy lives in a way that is flexible, fun, and free of denial and discipline. By working together, we can discover the food and lifestyle choices that best support you. Making gradual, lifelong changes enables you to reach your current and future health goals.

**Imagine what your life would be like if you had clear thinking, energy, and excitement every day.**

It's rare for anyone to get one hour to work on improving one's health with a trained professional. Join me for a one-hour health consultation to discuss your unique situation and determine how I can help you reach your personal goals. I am here to create a supportive environment while exploring what really works for you.

**FOOD CHANGES EVERYTHING.**



**Have you wanted to:**

- Improve your eating habits?
- Understand your body better?
- Make self-care a priority in your life?
- Feel confident in choosing and preparing better food for you and your loved ones?
- Experience an increase in overall happiness in your life?

**Welcome to your program.**

Your personalized program will radically improve your health and happiness. Together, we'll explore concerns specific to you and your body and discover the tools you need for a lifetime of balance.

**During the course of the program, you will:**

- Set and accomplish goals.
- Find the root-cause of challenges to your health
- Explore new foods and nutrition.
- Understand and reduce cravings.
- Increase energy.
- Feel better in your body.
- Improve personal relationships.

**Your program includes:**

- Two one-hour sessions per month
- Group seminars and classes covering a variety of health-related topics
- Email support between sessions
- Handouts and other materials
- Food samples and self-care products
- Stress-reduction mindful modalities

**COULD ONE CONVERSATION  
TRANSFORM YOUR LIFE?**

Find out by scheduling a free one-hour health history session with me. Call **717-968-3083**.



Martha L. King

## **DO YOU WANT TO COMMIT TO A PATH OF HEALTH?**

### **My Coaching Philosophy Approach**

- You are unique.
- I will guide you through every step of the journey.
- YOU transform your life.

We will explore basic improvements and implement gradual changes during our work together - from small steps to giant leaps!

**My goal as a health coach is to help all people adopt healthful, long-term, sustainable transformation that can truly change their lives. My approach is to show clients the whole picture of their health that includes a look at nutrition, stress reduction, connection, sleep, and physical and mental fitness. I believe improving our overall health can only happen when we take the entire landscape of wellness into account, and create meaningful and lasting change from there. If you are ready to begin the wellness journey, please contact me!**

### **I WORK WITH:**

- Individuals who want to improve their health following an illness or while managing a chronic health condition in collaboration with their doctors.
- People who are on a weight loss journey and are seeking a health mentor who can help them make more informed decisions about movement, nutrition, sleep, stress, and other health behaviors.
- People who are ready to invite more mindfulness and vibrancy into their lives while establishing boundaries.
- People dealing with addictions.

### **Five Pillars Health Coaching, LLC**

195 Stock St., Suite 112A

Hanover, PA 17331

Martha King, INHC

Phone 717-968-3083

[fivepillarshealthcoaching@gmail.com](mailto:fivepillarshealthcoaching@gmail.com)

[www.fivepillarshealthcoaching.com](http://www.fivepillarshealthcoaching.com)

*Five Pillars Health Coaching, LLC disclaimer: Information you receive should not be interpreted as medical advice and is not intended to diagnose, treat, or cure your condition, or to be a substitute for advice from your physician and other healthcare professionals. The methods and suggestions discussed in this program are intended to support health and healing, not to replace medical treatment. Whether you choose conventional treatments, alternative treatments, or both, it is imperative that you work closely with a doctor or healthcare professional to properly diagnose and treat your condition and to monitor your progress.*



*A new kind of wellness*

*Begin your transformational  
journey here by finding  
your balance*



**Could One Conversation  
Transform Your Life?**