



THE C.H.E.K INSTITUTE'S

HOLISTIC

Lifestyle Coach
P R O G R A M

*Achieve
Optimal Health
and Fitness for
You and
Your Client*



www.chekinstitute.com

Program Overview



The CHEK Holistic Lifestyle Coaching Program (HLC) is a **three-level** program based upon the techniques that have helped thousands of people increase vitality, decrease stress and sculpt the body of their dreams. Each level looks in increasing detail at the underlying causes of disease and stress, considering the body as a "system of systems." Using a coaching model, you will learn how disease and

stress are preventable through healthy eating habits, lifestyle management and appropriate types of exercise.

You will understand why every meal, every bout of exercise and every late night has a hormonal consequence. You will be given tools, such as in-depth questionnaires, to assess your clients and allow you to determine their readiness for change.

This program exceeds anything you will learn in any other "wellness course" ... this is optimal health and fitness coaching the CHEK way! As Paul Chek says, "An individual's health lies in his own hands; you are simply there to show him the path."



"Upon completing the [class], it made me realize how empowered I was from my experience. Not only did the HLC class open my eyes to things in my own life that I need to work on, but already the influences that I have received, from this past weekend, are portraying themselves in my interactions with clients, co-workers, staff and friends. My experience at the C.H.E.K Institute was more than just the education I received, but the permanent positive energy that was branded in my soul. Thank you very much to everyone involved!"

Michael Richards - Illinois, USA

This program is designed to teach participants how to coach clients in optimal holistic lifestyle techniques that facilitate the body's natural healing mechanisms, from within their existing scope of practice. It is not intended to be used to diagnose or treat disease. Participants will not become certified as dietitians or clinical nutritionists.

No matter what your profession, you'll likely agree that just because someone is not sick, does not mean he or she is well! Most chronic diseases take years to develop, but a healthy lifestyle can go a long way toward prevention. The information presented in the CHEK Holistic Lifestyle Coach Program does not include 'quick fixes' - which never work long term - but instead uses proven principles which build a strong foundation for health.

Fitness Professionals:

Provide your clients with the missing link to achieve the body they want and to improve their vitality and energy levels.

Chiropractors, Physical Therapists, Rehabilitation Specialists:

The specific assessments and principles taught in this series of courses will help you achieve lasting results and improve the structural integrity of your patients!

Alternative Healthcare Providers and Massage Therapists:

Quickly increase your value by offering your clients practical ways to live a lifestyle more in tune with the therapy you are providing.

I'm not a health or fitness professional. Will I enjoy the course?

Absolutely! HLC 1 is designed for the layperson and professional alike, teaching the foundational principles of the CHEK approach to health and wellness. You can easily apply these techniques and methods to yourself and your family. No previous work or educational requirements are needed to attend.

Benefits of Becoming a C.H.E.K Institute-Trained Holistic Lifestyle Coach

Website Listing

All CHEK Holistic Lifestyle Coaches in good standing with the C.H.E.K Institute may request to be listed in the searchable database online at the C.H.E.K Institute's community website, www.chekconnect.com. This is a free marketing resource! Potential clients in your area can find your contact details and read your bio. We refer everyone who calls the Institute seeking a C.H.E.K Institute-Trained Professional (CHEK ITP) to the database.

Monthly Q&A Coaching Calls for C.H.E.K Institute-Trained Professionals

Each month we hold an open question and answer call with a CHEK Faculty member, exclusively for those who have attended one or more of the C.H.E.K Institute's Advanced Training Programs. An invaluable way to pick the brains of our top professionals and get your questions answered.

Monthly Webinars with CHEK Faculty and Guest Experts

CHEK ITPs may attend our monthly webinars, packed with great information, free of charge.

WHAT YOU WILL LEARN

HLC 1: Three Days



Level 1 is the foundation of the CHEK HLC Program, focusing on effective techniques for attaining optimal health from the inside out that can be implemented by anyone. Laypersons and health and fitness professionals have thoroughly enjoyed and benefited from this course.

During HLC 1, you will use yourself as a case history, to become a living role model for your clients and patients! By completing questionnaires before the class, you can use this information over the three days to illustrate concepts and techniques. You will be shown how to identify common problems that, if not quickly recognized, can become roadblocks to success - such as ineffective exercise programming, poor nutritional habits, stress, hormonal imbalance and gastrointestinal disorders.

Each day also includes practice of Zone Exercises that positively influence digestion, circadian health, stress and much more.

In HLC 1 you will:

- Learn how to apply the 1-2-3-4 approach to developing long-term body-mind changes.
- Learn how to use the CHEK Nutrition and Lifestyle questionnaire system for assessing physiological load and making essential diet and lifestyle changes.
- Understand the relationship between the 6 Foundation Health Principles and body-mind stress and learn how to apply these principles to balance your body systems so you can exemplify well-being!
- Learn and practice Paul Chek's Zone Exercises as a means of "Working-In" which will show you how to use movement to "create energy" and cultivate the life-force needed to effectively express your creativity and Work-Out!
- Identify common roadblocks to success with diet and lifestyle modifications and gain simple solutions.
- Know how to implement key concepts of individualized eating using Paul Chek's Primal Pattern® Diet Plan.
- Discover how and when to use the "less is more" principle of exercise prescription and how to apply the 5 essentials of program design.

Required pre-course reading:

How to Eat, Move and Be Healthy! by Paul Chek

Recommended pre-course listening:

You Are What You Eat audio program by Paul Chek

HLC 2: Five Days



CHEK Holistic Lifestyle Coach Level 2 builds upon the foundational principles covered in HLC 1, teaching you how to apply these with clients and patients. You will also learn Paul Chek's *HLC principles of coaching*; essential for a successful Health and Lifestyle coaching practice. You will be guided to fully understand and apply the rationale behind physical and metaphysical assessment, wellness program design strategies, as well as the finer points of coaching for long-term lifestyle changes.

In HLC 2 you will:

- Really understand how to implement Paul Chek's 1-2-3-4 System for wellness program design and client management.
- Gain insight into metaphysical correlations with physical symptoms including practical applications of the chakra system and the Love Principle.
- Learn how to use Paul Chek's 4 Doctors Living Philosophy as an effective client management strategy:
 - Dr. Happiness: Understanding values memes or ideas
 - Dr. Quiet: Rest as essential medicine
 - Dr. Movement: Paul Chek's work-out and Work-In™ principles
 - Dr. Diet: Paul Chek's dynamic Primal Pattern® Diet Plan
- Learn how to unlock your clients' most powerful motivators.
- Gain a solid, functional foundational knowledge of the body systems.
- Understand how to make the best use of the HLC 2 Health Appraisal Questionnaire system to design effective and comprehensive wellness programs for your clients.
- Know where and how to access multidisciplinary support systems to help guide your clients.

Required pre-requisites and pre-course reading:

- Completion of CHEK HLC Level 1 and the exam.
- Current status as a C.H.E.K Institute-Trained Professional.
- *Program Design* correspondence course.
- *CHEK Holistic Coaching* correspondence course (released October 2015).
- *The Book of Chakra Healing* by Liz Simpson (ISBN: 978-0806920979).
- *The Last 4 Doctors You'll Ever Need-How to Get Healthy Now* e-book by Paul Chek.
- *Identifying Your Primal Pattern® Diet* audio program by Paul Chek.
- *Under the Veil of Deception* by Paul Chek
- *A C.H.E.K Practitioner's Guide to How to Understand and Implement the How To Eat, Move and Be Healthy Questionnaires* audio program + transcript by Paul Chek.
- *The Kalish Method: Healing the Body, Mapping the Mind* by Dan Kalish (digital version included with registration).

Recommended pre-course study:

- *The 1-2-3-4 of Overcoming Addiction, Obesity & Disease* audio program by Paul Chek.

WHAT YOU WILL LEARN

HLC 3: Six Days



CHEK Holistic Lifestyle Coach Level 3 is an advanced training program designed to improve and refine your skills at assessment and management of challenging clients. In this course you will learn how human energy systems are resourced, recognize stages of infant development with mind~body correlations as well as become familiar with bioenergy and psychospiritual influences to help clients restore optimal health. Advanced program design strategies, medical dowsing and cutting-edge, alternative approaches are also covered. You must have an excellent understanding of the principles taught in HLC 2 in order to attend.

In HLC 3 you will:

- Review the Chakra system and the interrelation with meridians, glands, organs and the musculoskeletal system.
- Understand the stages of Ego~Mind development using mind mapping techniques.
- Recognize the stages of infant development and their correlations with physical structure, mental~emotional capacity, personality, disposition and perception.
- Practice infant development exercises and related stretches.
- Learn how to apply the 4 Doctor approach to organ mapping systems.
- Understand how medical dowsing can be used fine tune a client's HAQ scores.
- Complete an assessment, design a program and evaluate the best coaching approach for a real, challenging case study.
- Perform daily chi cultivation (work-in) exercises and learn how best to use them.

Required pre-requisites and pre-course material to complete:

- Completion of HLC 2 and the exam.
- Current status as a C.H.E.K Institute-Trained Professional.
- Proficient mastery of all HLC 2 concepts and methods.
- Completion of all current HLC 2 pre-requisites (if you took HLC 2 before 2011).
- Prepare a complete case history from a challenging client – to be brought to the course.
- *Wisdom of the Body Moving* by Linda Hartley (ISBN: 978-1556431746).
- *The Subtle Body – An Encyclopedia of Your Energetic Anatomy* by Cindi Dale (ISBN: 978-1591796718).
- *The Last 4 Doctors You'll Ever Need – How to Get Healthy Now: Audio Expansion Lectures* by Paul Chek.
- *The 1-2-3-4 of Overcoming Addiction, Obesity & Disease* audio program by Paul Chek.
- *The Fungus Link, Vol. 1* by Doug Kaufmann.
- *The Pendulum Dowsing Kit* by Sig Longren (ISBN: 978-0671691400).

HLC 1

US and Canadian Programs

Regular: US \$725 Early Bird: US \$675*

HLC 2

US and Canadian Programs

Regular: US \$2297 Early Bird: US \$2147*

HLC 3

US and Canadian Programs

Regular: US \$2797 Early Bird: US \$2597*

For Canadian courses, the applicable taxes - HST, GST, QST - are applied according to the province in which the course is held.

*Early Bird registrations must be received and paid in full at least 3 months before the course starts. Programs held in other countries may have different investments.

Please note that pre-requisites are purchased separately and not included in the prices above. The C.H.E.K Institute reserves the right to modify prices at any time.

Payment plans are available. Please see website for details.

**For dates and locations of courses worldwide, visit:
www.chekinstitute.com/Core**

Register online at <http://tiny.cc/HLCReg>

Our Money Back Guarantee!

If within 60 days of completing any level of the CHEK Holistic Lifestyle Coach Program (provided you apply the knowledge that you learn) you don't find vast improvement in the way that you provide lifestyle coaching to your clients, or if you do not achieve results in the clients with whom you work, we will give you your money back. That's how confident we are in this course!

Terms and Conditions of Registration

For complete details of our refund and transfer policy, plus pre-requisite deadlines, please visit <http://tiny.cc/HLCReg>

MEET THE CHEK FACULTY

Paul Chek, HHP, Founder of C.H.E.K Institute



Paul Chek is a world-renowned expert in the fields of corrective and high-performance exercise kinesiology. For over 28 years, Paul's unique, holistic approach to treatment and education has changed the lives of many of his clients, his students and their clients. By treating the body as a whole system and finding the root cause of a problem, Paul has been successful where traditional approaches have consistently failed. He has produced over 60 DVDs, 17 correspondence courses, four advanced-level training programs and six books, including *How to Eat, Move and Be Healthy!* as well as numerous seminars, articles, lectures and workshops.

Donal Carr CP4, HLC 3



Donal has been working in the fitness industry for over 20 years, and is the Director of Place of CHI in Sydney, Australia, where he helps clients to achieve their goals with a holistic approach to post rehab and sports conditioning. Donal has been presenting internationally for over twelve years and regularly speaks to corporate networks on a wide variety of topics. He also holds qualifications from NSCA, NCEF 2, ITEC and Cert 4 AUS.

Angie Lustrick BSc, CP1, HLC3



Angie is a Certified Nutritionist, holds a Bachelor's degree in Biology and is the president of Angie's World - a personal training and nutrition center located in Riverside, CA. She is an author and public speaker, and has made numerous appearances in print and live media including NPR radio, SpikeTV, Oxygen Magazine, Muscle & Fitness HERS magazine and many more. Angie also won the inaugural Ultimate C.H.E.K Professional contest in 2011.

Jator Pierre BSc, CP1, HLC3



Jator's 15 year journey into individualized nutrition and movement has gifted him with numerous self growth and development tools which he skillfully uses to reveal the inner power within each of his clients. Fueled by his own struggle with weight and shame, Jator's practice has a highly personal and integrative approach.

Joanna Rushton EC, HLC3



Joanna Rushton is Founder of the Energy Coaching Institute in Sydney, Australia, where she heads a multi-disciplinary private practice. A highly sought-after presenter and facilitator, Jo also works in the corporate and health & wellness industries. Jo is also a Holistic Organic Chef and the author of the #1 Amazon Best-seller, *ROCKET FUEL ON A BUDGET - How to Get Healthy Without Going Broke*.

Jennie Delbridge CP2, HLC3



Jennie had been working professionally in the health and fitness industry for over 10 years before she discovered Functional Medicine and the C.H.E.K Institute. She used the holistic CHEK approach, combined with extensive lab testing, to uncover the root cause of the numerous issues that had plagued her for over 20 years—excessive stress. Jennie educated herself on the underlying causes and has now resolved 100% of all her health issues. She is passionate about helping others to achieve their own peak health, wellbeing and goal fulfillment. She co-owns *Peak of Wellbeing* in Switzerland and provides workshops, lectures, small group and individual coaching throughout Europe.

WHAT PEOPLE ARE SAYING ABOUT THE HLC PROGRAM

"With the Level 1 of the [HLC program] under your belt you will be two steps ahead of your competitors. This powerful course will help you improve your clients' health and fitness on many levels. The [HLC] seminars open your mind and heart to a whole new world of personal and professional success. If this is the industry for you and you want to be the best, I highly recommend investing in the [HLC program]. The results speak for themselves."

James Williams - London, UK, HLC 2

"The C.H.E.K Institute is simply one of a kind. Paul Chek is the industry leader in educating trainers with information that is years ahead of anyone else. CHEK training has changed my personal training focus in nutrition, longevity, program design and so much more. Thank you!"

Danielle Steiner - Vancouver, BC, HLC 2

"I returned from the [HLC] course and signed double the cost of the course in new contracts within four days. I would not invest my energy (money) if the quality was not present. Not to mention [the HLC program] probably saved my life."

Shawn Frost - Vero Beach, FL, HLC 2

"The information and availability of this course is one of the greatest gifts I have received in my life."

Douglas Jaser - Shelton, CT, HLC 2

"Thank You! An absolute awesome experience - I know this the the path for me to make my practice more complete in helping/guiding others! Looking forward to HLC2!!!"

Michelle Bliss - Boulder, CO HLC 1

THE C.H.E.K INSTITUTE

The Corrective Holistic Exercise Kinesiology Institute is an elite educational facility based in California. The C.H.E.K Institute specializes in advanced-level education for fitness and healthcare professionals.

The company's approach to exercise and wellness stems from the training and clinical experience of the Institute's founder, Paul Chek. His multidisciplinary background is reflected in the philosophy of the C.H.E.K Institute - a person should function at optimal health and performance and be able to meet the demands of his environment, whether sitting in an office or engaged in professional sports. The CHEK approach emphasizes assessments followed by personalized programs to ensure success at all levels.

PROFESSIONAL DEVELOPMENT REQUIREMENTS

You will be recognized by the C.H.E.K Institute once you complete the first level of the CHEK Holistic Lifestyle Coach Program. These benefits include a listing on the C.H.E.K Institute online database, monthly Q&A call and more.

How to Maintain Your Status as a Holistic Lifestyle Coach

To remain recognized by the C.H.E.K Institute, and to continue receiving the benefits of a C.H.E.K Institute-Trained Professional, students are required to maintain a standard of professional development measured every two years. This consists of 4 easy steps:

- Step 1: Earn up to 50 Professional Development Credits (PDCs) every 2 years**
PDCs can be acquired many different ways, such as attending seminars or conventions, writing book reports, completing case histories and so on. The exact number of PDCs depends on when you completed your first course with the C.H.E.K Institute and the number of C.H.E.K Institute programs you have completed.
- Step 2: Hold a current CPR certification**
- Step 3: Be covered by current liability insurance (waived in areas where not available)**
- Step 4: Complete and submit the C.H.E.K Institute-Trained Professional renewal form by the due date**

By signing the renewal application form you agree to adhere to the C.H.E.K Institute Code Of Ethics, Professional Practices and Disciplinary Procedures.

Complete information on the C.H.E.K Institute-Trained Professional Renewal Program is sent to you once you have completed HLC 1 of the CHEK HLC Program.

OTHER C.H.E.K INSTITUTE PROGRAMS

At the C.H.E.K Institute we offer three additional advanced training programs: CHEK Exercise Coach Program; C.H.E.K Practitioner Program; and CHEK Golf Performance Specialist.

CHEK Exercise Coach and C.H.E.K Practitioner Programs



The CHEK Exercise Coach and Corrective High-performance Exercise Kinesiology Practitioner Programs are designed to produce the finest and most highly trained exercise practitioners and strength and conditioning specialists in the world. Unlike any other program for exercise professionals, these Programs are completed in blocks of intensive modules, taught in a small group format, with home-study courses used to prepare for each level.

CHEK Exercise Coach

(prerequisites: Program Design course; Scientific Core Conditioning course; Scientific Back Training course; How to Eat, Move and Be Healthy!; Movement that Matters)

C.H.E.K Practitioner Level 1 (CP1)

(prerequisites: CHEK Exercise Coach; Flatten Your Abs Forever DVD; Advanced Program Design course; Equal, But Not the Same course)

C.H.E.K Practitioner Level 2 (CP2)

(prerequisites: C.H.E.K Practitioner Level 1; Dynamic Medicine Ball Training course; Swiss Ball Training course; Advanced Swiss Ball Training for Rehabilitation course)

C.H.E.K Practitioner Level 3 (CP3)

(prerequisites: C.H.E.K Practitioner Level 2; Scientific Shoulder Training course; 2-10 Case Histories) plus suggested reading materials

C.H.E.K Practitioner Level 4 (CP4)

(prerequisites: C.H.E.K Practitioner Level 3; 2-10 Case Histories) plus suggested reading materials

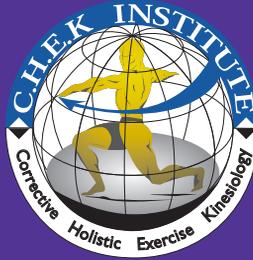
Master C.H.E.K Practitioner

(Exams, thesis, presentation)

CHEK Golf Performance Specialist



The CHEK System is designed to address golf-specific conditioning, improve performance and reduce the risk of injury. Consisting of three intensive days of theoretical and hands-on training, the program is based on the same techniques used by Paul Chek, author of *The Golf Biomechanics Manual*, and the C.H.E.K Faculty with their clients, including some of the top PGA and LPGA players on tour today.



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