



# Frankie Waychoff

**Wellness Coach**



## Credentials

- ISSA Certified Personal Trainer
- NASM Certified Nutrition Coach
- CPR/AED Trained & Certified

## Specialties

- Strength Programming
- PCOS & Cycle Syncing
- Nutritional Guidance & Education

## Contact Me

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## What is your wellness philosophy?

Wellness encompasses not only how we take care of ourselves physically, through exercise and nutrition, but also taking care of our mental health. When it comes to maintaining a healthy life, all areas should be balanced. When one, or all, areas are not tended to, we may feel inflamed, lethargic, irritable, and possibly experience disease. I provide clients with the knowledge and support to cultivate healthy habits that lead to an overall healthier, sustainable lifestyle.

## How do you assess your clients?

My first meeting is getting to know who my client is, what their lifestyle is like outside of the gym, and if there are any areas of concerns or injuries they may have. Then we discuss their goals and why they want to reach them. I will also go over range-of-motion to assess any limitations for the exercise programming. All of this allows me to create a wellness plan tailored to the individual's needs and goals.

## Why is exercise important?

Movement is medicine for our bodies. Being physically active reduces your risks of heart disease, Alzheimer's, diabetes, and many other diseases. It's also important to maintain longevity in our bodies as we age.

You've heard the term "if you don't use it, you lose it" - the same goes for flexibility, strength, and your cardiovascular health. Moving your body for as little as 30 minutes a day, even just walking, will have positive impacts on your physical wellbeing.

## Intensity or consistency?

Consistency creates your routine and builds discipline, while intensity will change day-to-day. Showing up on the days you don't want to will be more important in the end by maintaining that habit. On those days, you may only have 40% to give. If you show up and give that 40%, then you gave 100% of what you had and I'll bet the post-workout endorphins will make you feel better than when you walked in.

