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**ACHIEVING LASTING FITNESS IN A BUSY WORLD.
HOW MY ONLINE COACHING PROGRAM DELIVERS
PERSONALISED RESULTS AND SUPPORT.**

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In today's world, where everything moves at lightning speed, convenience has become the norm. Whether you need groceries, gadgets, or meals, you can get almost anything delivered with the click of a button in a matter of hours. We live in an age of instant gratification, where we crave quick solutions to match our busy lifestyles. However, when it comes to fitness and health, there's still no quick fix. Achieving real, lasting results still requires dedication, consistency, and the right foundation—starting with proper nutrition, exercise, and an understanding of how your body works, including your BMR (Basal Metabolic Rate) and NEAT (Non-Exercise Activity Thermogenesis).

But while fitness results still require time, what has changed is how we can approach the process. Today, with the help of technology, we can make your journey to better health more personalised, convenient, and efficient.

That's where online coaching comes in — specifically through our coaching program, which is delivered through an app that keeps everything in one place and provides a level of support and guidance that feels like having a personal trainer by your side every step of the way.

1. All-in-One Fitness Hub: The Power of the App

One of the greatest benefits of this online coaching program is how everything you need is conveniently located in one app. Imagine having a hub where you can track your nutrition, follow personalized workouts, monitor your progress, and receive guidance on healthy habits — all in the palm of your hand.

When it comes to nutrition, the app allows you to log everything you eat, and as your coach, I can see it all in real-

time. This level of transparency is crucial because it means we can offer immediate feedback, help you make adjustments, and ensure your meals are aligned with your goals. This isn't just about calorie counting; it's about helping you develop a deeper understanding of the nutrients you're consuming and how they fuel your body for workouts and recovery.

In addition to nutrition, the app houses your workout routines, which we tailor specifically to your needs. We don't believe in cookie-cutter fitness plans because everyone's body is different. Your workouts will be designed based on your goals, current fitness level, and any health considerations you have. Each exercise comes with detailed video and audio explanations, so you can perform every move correctly and confidently, whether you're a gym regular or a complete beginner. Moreover, we ask to film all of your moves so we can check your technique and if required correct it with the detailed tutorial available through the app.

2. Constant Check-Ins and Real-Time Feedback

What makes this online coaching program feel like having a personal trainer with you at all times is the constant communication and check-ins. We are not just giving you a plan and leaving you to figure it out on your own. We'll be in regular contact to review your progress, talk through any challenges, and make adjustments as needed. This could mean tweaking your workouts if you're ready to take things up a notch or altering your nutrition plan if you're facing obstacles like stress, sleep disturbances, or travel that might affect your progress.

Every aspect of your fitness journey is tracked through the app, from your daily activity levels to your sleep patterns, resting heart rate, and hydration. You'll log your weight, body measurements, and even progress photos so we can see the changes happening over time. These regular check-ins help us fine-tune your approach, ensuring you're always moving in the right direction. It's a truly personalized experience, designed to evolve as you do.

3. Education Beyond the Workouts: Understanding Your Body and Life

Fitness doesn't happen in isolation. It's deeply connected to the client's broader lifestyle, and that's why a huge part of our coaching approach focuses on education. Throughout our time together, we'll provide you with knowledge about how different areas of your life — like sleep, hormones, stress, and recovery — affect your progress. For example, if you're struggling with energy levels, we'll dive into your sleep and eating habits, stress management techniques, and recovery protocols to identify what's holding you back and how we can address it.

This educational aspect is vital because fitness isn't just about showing up for your workouts — it's about understanding your body holistically. You'll learn how to fuel your body properly, the importance of different types of movement, and how to make lifestyle changes that support your fitness goals. Together, we'll tackle everything from meal planning to creating a consistent routine, so you're not just stronger physically, but mentally as well.

4. Tracking Progress Beyond the Scale

Another key feature of the app is how it enables us to track your progress in a meaningful way. Many people focus solely on the number on the scale, but real transformation goes far beyond that. We'll track your weight, yes, but we'll also monitor other important metrics, like your body measurements, your activity levels throughout the day, your sleep quality, and your resting heart rate. We'll also use before-and-after photos to capture the visual changes that often tell a more complete story than weight alone.

By having this wide array of data, we can see the bigger picture of your progress. Maybe your weight hasn't shifted much, but your measurements have gone down, or your strength has significantly improved in your workouts. This holistic view helps us stay focused on the right goals and not get discouraged by temporary fluctuations.

5. Building Lifelong Healthy Habits

While workouts and nutrition are critical, they're just one part of the equation. Long-term success comes from building sustainable, healthy habits that become a natural part of your daily life. Through the app, we work together on developing

these habits gradually. For example, you'll be encouraged to drink enough water throughout the day, take more steps by increasing your NEAT (non-exercise activity), and ensure you're consuming enough protein and fiber from complex carbs and vegetables.

Mindful eating is another key area we'll work on — learning to eat until 80% full instead of overeating is a powerful habit that can support both weight loss and improved digestion. Additionally, we'll focus on sleep hygiene, establishing a bedtime routine that promotes better rest and recovery. These small changes add up over time and contribute significantly to your overall well-being, making it easier to maintain a fit and healthy lifestyle in the long term.

6. *A Program Designed for the Modern, Busy Life*

This program is designed with the modern, busy woman in mind. Whether you're a professional balancing work and family, or someone constantly on the go and running around the kids, the flexibility of online coaching makes it easier to fit fitness into your life. You're not limited by gym schedules or in-person training sessions. Instead, you have the freedom to work out when and where it suits you, with the support and guidance you need always within reach or your highly experienced, educated in pre- and post-natal as well as perimenopausal fitness.

Conclusion. Our goal as a coach is to make fitness approachable and sustainable, so you can see real results without feeling overwhelmed by the process. With our coaching program, you're not just getting a workout plan — you're getting a comprehensive support system that guides you through every step of your journey, educating and empowering you to make healthier choices that last a lifetime.

By using the app, we bring the best of both worlds—personalized fitness and flexibility — so you can reach your goals without sacrificing other aspects of your life. You'll feel as though you have a personal trainer by your side, offering constant support, education, and motivation, no matter how busy life gets.

Together, we'll build the habits, strength, and mindset you need to not only reach your fitness goals but to sustain them for years to come.

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PREVENTION OF CHRONIC NON-INFECTIOUS OF DISEASES BY MEANS OF HEALTH AND RECREATION MOTOR ACTIVITY DURING QUARANTINE LIMITATIONS

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Annotation. *One of the most important indicators of healthy way of life is the amount of physical activity, and one of the most common risk factors for the development of chronic non-infectious diseases are insufficient motor activity.*

Key words: *aging, preventive health classes, motor activity, men, old age, chronic non-infectious disease, pandemic.*

Population aging is one of the most characteristic features modernity. By 2050, the number of people over 60 will grow to 2 billion - that is, it will be 15% of the entire population planets. For the next 50 years, as much as four times is expected increase in the share of the elderly population [2]. Features of the course aging depends on a number of factors, in particular, genetic conditions environment (ecology, nutrition), socio-cultural (access to medical drugs and opportunities maintain a level of health), etc.