

HEALTHY HABITS FOR LIFE

8-WEEK HEALTH & WELLNESS COACHING PROGRAM



Small, consistent changes create lasting results. **Healthy Habits for Life** is an 8-week online program designed to help you build the habits, mindset, and skills you need to feel your best—inside and out.



CLARITY

Know what matters and why it matters.



ACTION

Take simple, practical steps that fit your life.



CONSISTENCY

Build habits that stick and create momentum.



CONFIDENCE

Feel stronger, healthier, and in control of your life.

WHAT YOU'LL LEARN



Exercise & Strength

Build strength, improve mobility, and move with confidence.



Nutrition

Fuel your body for energy, longevity, and overall wellness.



Sleep & Recovery

Improve sleep quality and support better recovery.



Brain Health

Protect memory, focus, and mental sharpness.



Balance & Fall Prevention

Improve stability and confidence to stay independent.



Healthy Habits for Life

Create lasting habits that support a healthier, happier you.

WHAT'S INCLUDED



8 Live Zoom Sessions

Weekly 60-minute sessions with expert coaching.



Step-by-Step Curriculum

Clear, practical lessons in all key areas of health.



Action Plans & Tools

Worksheets, checklists, and resources to guide your progress.



Accountability & Support

Stay motivated with group connection and encouragement.



Lifetime Access

Revisit the materials anytime to keep growing.



**8 WEEKS
LIVE ON ZOOM**

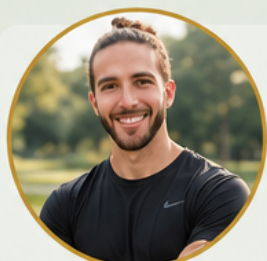
TOPICS INCLUDE:

- Exercise & Strength
- Nutrition
- Sleep & Recovery
- Brain Health
- Balance & Fall Prevention
- Healthy Habits for Life

INVESTMENT:

\$199

8-WEEK PROGRAM



YOUR COACH MARIO MASCIOLI

Certified Athletic Trainer (ATC) | NSCA CSCS
Health & Wellness Coach
12+ years of experience helping people build strong bodies, strong minds, and healthier habits for life.



READY TO START?

Spots are limited.
Take the first step toward a healthier you today!



LEARN MORE & REGISTER
www.mariomass.com/healthy-habits



Small steps today.
Stronger you tomorrow.