

Healthy Lifestyle Groups For High School Girls



MOTIVATING TEEN
GIRLS WITH A
PERSONAL HEALTH &
FITNESS PROGRAM

Group Personal Training
Coping Skills
Healthy Eating
Weight Management
Self-Confidence

This is an on-going group.
Participants can join at any
time as space allows.

\$100 per session
includes all materials

Physical & Mental Strength

Have you ever wondered if it was possible to get teen girls excited about exercise and eating healthier? This group provides a unique opportunity for high school girls to learn and develop healthy habits. An individualized approach is taken within a group setting to help teenage girls make the connection between their current lifestyle habits and their energy levels, mental wellbeing, self-confidence, physical fitness, school performance, weight management and general health.

In addition, some girls experience social stress or emotional ups and downs. The group will teach teen girls to make the connection between the way they feel and their daily lifestyle choices by creating an encouraging environment that inspires them to learn that **HEALTH AND FITNESS CAN BE FUN!**

Location and Contact Information:

700 Old Roswell Lakes Parkway
Suite 130 - Roswell, GA 30076

Contact Alison Kelly @ 404-386-6130 or email
alison@kellycounselingandcoaching.com for group
dates and times.

www.KellyCounselingAndCoaching.com



Healthy Lifestyle Group Approach

Each group will focus on the physical and mental aspects of living a healthy lifestyle. Fitness activities can include: yoga, group weight training, resistance bands, fitness balls, core workout, and other fun exercises.

Group discussions will address basic nutrition including attitudes towards healthy eating along with other topics of interest. Participants will come away from the group learning valuable skills and how to apply them effectively in their daily lives; making a positive impact on their social, emotional, and academic success!

GROUP GOALS:

- Teach nutrition, fitness and health information to teen girls enabling them to make informed lifestyle decisions
- Encourage trying new activities to help them grow in self-confidence and self-esteem
- Inspire healthy eating habits
- Examine habits through journaling and other activities including expressive art
- Focus on self-improvement and celebration of individual differences
- Create an accepting, non-competitive atmosphere
- Increase self-esteem, self- confidence, and the ability to know and accept oneself
- Learn to be assertive and overcome a variety of difficult situations.
- Gain mastery of effective coping strategies to address negative feelings.
- Discover coping skills to better tolerate the distress of school and day-to-day life

About Alison Kelly, LPC, MA, NCC, CDBT, CCATP:
Alison is a licensed professional counselor who specializes in working with teen girls. She has been the owner of Healthy Makeovers Health and Fitness, LLC, for over 25 years working as a Wellness Practitioner and Fitness Professional with women and teens dealing with wide range of health and wellness, and self-confidence concerns.



SHE BELIEVED
SHE COULD
SO SHE DID

