

# Health Powered By You, LLC

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4 Elements Coaching is centered on the philosophy that a healthy lifestyle is possible and sustainable when the following criteria are met:

- Good general health
- Healthy nutritional lifestyle
- Positive emotional attitude
- Healthy fitness level

Individuals and families are invited to explore all of the opportunities for assistance to achieve sustainable, enjoyable, lifelong holistic, health and wellness through the 4 Elements Coaching Programs.

**4 Elements Individual Coaching Program** \$399/month (3 month minimum)

Initial Consultation

Health Powered By You Inventory - Individual self-assessment

- Medical History
- Fitness History
- Nutritional History
- Psychological History

Development of a Comprehensive Individual Training Plan to Achieve Your Sustainable Wellness Goals:

- Exercise Program
- Nutritional Program
- Psychological Wellness

Access to extensive Health & Fitness resources

Coaching sessions twice a month

Review and support of your individual exercise, nutritional and psychological wellness progress

Free TrainingPeaks Premium Account

#### **4 Elements Group/Family Coaching** (3 month minimum)

\$299/month per person (2 participants)

\$249/month per person (3 or more participants)

Initial Consultation

Health Powered By You Inventory Self-Assessment

- Medical History
- Fitness History
- Nutritional History
- Psychological History

Development of a Family Training Plan to Achieve Sustainable Wellness Goals

- Exercise Plan
- Nutritional Plan
- Psychological Wellness

Access to extensive Health & Fitness resources

Coaching sessions twice a month

Review and support of your family exercise, nutrition and psychological wellness progress

Free TrainingPeaks Premium Account

#### **4 Elements Personalized Coaching Program** (\$250/session)

I provide 1-hour coaching sessions for individuals who would like assistance with a specific problem or issue, but are not yet 4 Elements Coaching clients. This can include a review of your current medical history, assistance with a fitness assessment, an exercise demonstration, a review of your fitness plan, identification of useful health and fitness resources, the development of program goals, assistance with a particular lifestyle problem, exercise equipment advice and much more!

## THE COACH



Dr. Suanne Kowal-Connelly, MD, F.A.A.P, is a board certified pediatrician who has spent nearly thirty years in a group private practice serving children and their families. Having majored in both Biology and Psychology at the State University of Stony Brook, it was fitting that she chose to focus heavily in the area of Early Childhood Development. For 10 years, Dr. Kowal-Connelly served as Co-Chair for the Medical Advisory Committee to Child Care Council, and was recently elected to the Board of Directors.

Because of her strong interest in Community Medicine, Dr. Kowal-Connelly has served as the District Physician for several School Districts on Long Island for over 25 years. She is a trainer in the Child Abuse and Neglect system and travels throughout New York State instructing personnel on an exhaustive list of topics. Throughout her career, Dr. Kowal-Connelly has held voluntary staff privileges at all of the local hospitals, but most recently she has joined the Faculty Staff of Nassau University Medical Center, in East Meadow, NY, where she serves as a preceptor of pediatric residents.

Dr. Kowal-Connelly has always been an active individual and in 2006 she began training and competing in the sport of Triathlon. Her successes as an Age Group Athlete compelled her to achieve certification as a Level I USA Triathlon coach as well as certification as both a Youth and Junior coach. With this added expertise, Dr. Kowal-Connelly has embraced both the field of medicine and the athletic world of multisport to create a program that helps families and individuals develop and maintain a healthy lifestyle.

Dr. Kowal-Connelly has developed a heartfelt sense of responsibility to contribute to some of the most challenging medical issues facing our society. There is no health concern today more daunting and pervasive than obesity and its serious related complications. Because of this, Dr. Kowal-Connelly has created Health Powered By You, which is an innovative program bridging years of medical expertise, athletic expertise, nutritional education and psychological support. Her primary goal is to educate and coach families to a healthier existence where they can sustain a level of wellness and joy throughout their lives, hopefully without the need of medicinal support.