

# Isagenix NUTRITION

2023



**Noah Hodgin**

Wellness Coach



# MEET NOAH

Meet Noah Hodgin, your personal wellness ally. Based in the sun-soaked environs of Costa Mesa, California, Noah is a tenacious consultant with Isagenix—a leading wellness company specializing in 30-day health improvement programs. Joining the team in 2017, Noah swiftly made his mark, utilizing his talents to transform lives one health goal at a time.

However, Noah isn't just your average consultant—he's a certified personal trainer and health coach, deeply passionate about facilitating holistic transformations. His drive to make a difference isn't just about a paycheck; it's personal, anchored in a firm belief that everyone deserves to feel their best.

When he's not coaching clients or shaping wellness strategies, you'll find Noah indulging in his love for the outdoors—be it hiking the scenic California trails, biking along breathtaking coastlines, or soaking up the sun on the golden sands of the beach. As a fervent movie buff, he can also reel off an impressive list of recommendations for your next film night.

In the heart of his home, Noah shares his space with a feline friend—proof that he understands and appreciates the unique comfort and companionship that animals bring. Noah's multi-faceted interests, combined with his unwavering commitment to health and wellness, make him more than a consultant. He's a dedicated partner in your journey towards achieving your wellness goals.





## 30-DAY TRANSFORMATION PROGRAM WITH ISAGENIX: YOUR JOURNEY TO THE NEW YOU

you're so much more than a number on a scale. Is it a specific weight goal you're aiming for? Perhaps it's the energy to run that extra mile, or maybe you want to feel younger, more vibrant? Whatever your wellness goal, we're here to help you make it a reality. Because nothing beats the exhilarating feeling of setting a goal and conquering it.



Our most popular weight loss pack is designed with you in mind, offering a consistent routine and a time-tested method that are the key ingredients to your success. Isagenix is more than just a product—it's a life-changing tool that's already transformed the health and lives of hundreds of thousands of people globally. Our products address the pressing global issues of obesity, aging, and a lack of energy and motivation.



But Isagenix isn't solely about weight loss. We offer holistic solutions to boost your energy and performance, promote youthful aging, and provide age-defying skincare. Why? Because we believe you deserve more. More energy, more radiance, more vitality, and, most importantly, more joy in living the life you want.

Noah is here to guide you every step of the way, combining his expertise with the power of Isagenix. Together, we'll make sure you have more time, better health, greater security, amplified success, and a heightened sense of purpose. Welcome to your journey with us, —welcome to the new you.



## PERSONALIZED WELLNESS CONSULTATION: YOUR UNIQUE JOURNEY STARTS HERE

Embarking on a wellness journey is deeply personal, and Noah understands that. That's why your initial consultation with him is much more than just a meet-and-greet. It's about understanding you are a unique individual with distinct set of aspirations, challenges, and circumstances.



In this personalized wellness consultation, Noah will sit down with you to delve into your specific goals. Are you aiming to shed some pounds? Or perhaps you're seeking to boost your energy levels or improve your nutrition? Whatever your objective, Noah is here to help you define it clearly and set a realistic, achievable roadmap.

Understanding your challenges and obstacles is an integral part of this process. We'll discuss what has been holding you back, whether it's work pressures, family responsibilities, or lack of time. By acknowledging these barriers, we can create a wellness plan that is not just effective, but also sympathetic to your lifestyle.

A crucial aspect of this consultation will be exploring your family life. After all, our families play a significant role in our wellness journey. By gaining insight into your home dynamics, Noah can offer advice on how to integrate your health goals seamlessly with your family responsibilities.

But above all, Noah firmly believes that your wellness journey should be enjoyable, not a chore. If it's too rigid, it's easy to lose motivation and abandon the path. That's why he emphasizes fun in his approach—fun workouts, tasty but healthy meals, and wellness activities that align with your interests.

This consultation is about finding the right balance for you, One that champions your health, respects your individuality, and ensures you have a smile on your face throughout the process. Your unique journey to wellness starts here, with Noah by your side.



## NUTRITION COACHING: NOURISHING YOUR BODY AND MIND



At the heart of any successful wellness journey is nutrition. But understanding nutrition can often feel overwhelming, with countless diets, trends, and information all claiming to hold the secret to good health. Noah's approach to nutrition coaching is different—it's personalized, empathetic, and most importantly, fun!

In your nutrition coaching sessions, Noah will demystify the world of healthy eating for you, Olivia. He will help you understand that nutrition is not about deprivation, but rather about fueling your body with the right foods. He'll teach you how to enjoy your meals while aligning with your health goals.

As part of your coaching, Noah will incorporate Isagenix products that are tailored to your specific needs. Whether you're looking for an energy boost, weight loss support, or age-defying benefits, Isagenix's line of scientifically-formulated products can supplement your daily nutrition.

Are you a breakfast skipper due to your busy mornings? Noah can introduce you to the Isagenix IsaLean Shake—a balanced, nutritious meal replacement that's quick to prepare and delicious. Or perhaps you need a healthy snack option for your movie nights? The Isagenix Whey Thins could be your guilt-free answer to snack cravings.

But it's not just about introducing products—it's about teaching you how to incorporate them into your life in a sustainable and enjoyable way. You'll learn how to create meal plans, prepare healthy recipes, and make smarter choices when eating out.

And the best part? Noah believes that a little fun goes a long way in maintaining motivation. So, expect exciting food challenges, 'try a new recipe' weeks, and much more to keep your nutrition journey engaging.



Through Noah's nutrition coaching, you'll gain a deeper understanding of food, develop healthier eating habits, and enjoy the process along the way. And all of this while laughing, learning, and loving your food!



## HEALTH COACHING: WHOLE-BODY WELLNESS FOR A BALANCED LIFE

Wellness is more than just nutrition and physical activity—it encompasses your entire well-being, from stress management to sleep quality. And this is where Noah's health coaching steps in, addressing these often overlooked, yet crucial, aspects of your overall health,



Stress is an inevitable part of our lives, but it shouldn't control them. Noah has a variety of stress management strategies that can help you navigate life's ups and downs. From mindfulness techniques to time management tips, Noah can guide you in identifying your stress triggers and equipping you with the tools to respond effectively. The aim is not to eliminate stress entirely, but to provide you with healthy coping mechanisms that can minimize its impact on your well-being.

One area where stress often manifests itself is sleep—a fundamental element of health that too many of us struggle with. Insufficient or disturbed sleep can hinder your wellness goals and affect your daily life. Luckily, Noah has a track record of helping clients tackle this issue. He uses a combination of sleep hygiene practices, relaxation techniques, and, if needed, Isagenix's Sleep Support & Renewal spray, to help you reclaim those precious hours of rest.

Throughout your health coaching journey, Noah will focus on the details that make your wellness journey uniquely yours. You'll find strategies that work for you and habits that fit seamlessly into your lifestyle. With Noah, health coaching isn't just about reaching your goals—it's about reshaping your life in a way that prioritizes your well-being and enhances your overall quality of life.



A person is running on a paved road that leads towards a large, flat-topped mountain range under a clear blue sky. The road is dark asphalt with a white line down the center. The mountains are rugged and layered, with some greenery on the slopes. The sky is a deep, clear blue.

## OUTDOOR ACTIVITY RECOMMENDATIONS: YOUR WELLNESS MEETS THE OUTDOORS

Embracing the great outdoors adds a refreshing twist to your wellness journey. Noah, sharing your love for nature, Olivia, can guide you on incorporating outdoor activities into your wellness plan.

Whether you're into hiking or biking, Noah will tailor exercises to boost your performance and enjoyment. He can recommend specific Isagenix products, like the energy-boosting AMPED line, to optimize your biking workouts.

But wellness isn't only about physical exercise. The serenity of nature can be a potent stress reliever. Mindfulness walks or beach yoga sessions can help you find mental peace and balance in your hectic life.

With Noah, your wellness journey integrates the outdoors, making it not just effective, but also personally fulfilling and enjoyable.