



# BeHealthyHappy

Health & Happiness Coaching  
with Adam Funderburk

## My Approach

These are 8 areas (or approaches) that I explore with clients. This section is not totally exhaustive, but does cover most of what I do as a coach. Not every client will want to deeply explore every area, but each area is closely tied to health and happiness. These 8 areas form the focal point of most of my own training and experience, and a deep love of the principles inherent in this section was what drove me to become a coach in the first place.

### Exercise

The body is designed for movement. If you don't get enough of the right kinds of movement, you cannot achieve optimal health. Period. End of story.

Therefore, exercise (in some form) is integral to health. You know how everyone is looking for the "magic pill", the one thing that you can do or take that will lead to health? Well, regular exercise may just be the closest thing to a cure-all "magic pill" that we have, because it has a positive effect on nearly every part of your being: body, mind, and spirit. And it does all of this with no bad side effects.

Now I know that many people hate exercise, or feel like they're just too busy to do it regularly. That's where I come in. I will educate you about exercise and help you to incorporate it into your lifestyle gradually. This might mean tweaking your schedule a bit, or just broadening your definition of exercise. There are numerous ways to incorporate more physical activity into your lifestyle right now, and there are many fun activities that most people wouldn't think of as exercise. My ultimate goal would be for all of my clients to learn to love exercise, because, let's face it, people tend to find the time for the things that they truly enjoy.

### Diet

You must eat to live. Even a small child knows this. Even my cat knows this. But how many people eat consciously with an awareness of how food affects their health? The stuff (I won't call all of it food) we consume on a regular basis plays an absolutely essential role in our health. The old phrase, "You are what you eat" is true on many different levels. It is also true that many people's poor diets are simply habits carried from the past or choices made out of short-term convenience.

Part of my mission is to help people make conscious, educated choices and to incorporate healthy eating habits into their lifestyle. I teach you to choose quality over quantity and to eat for the right reasons. Healthy is tasty, and it is not nearly as difficult as you might think to learn to love the foods that are good for you. It is not my intention to turn you into a food Nazi or the office party pooper, and I do encourage moderation (i.e. cheating). You may find, however, that you have just lost the taste for the unhealthy things you used to enjoy. At least that is my goal.





### Stress

Stress is inevitable. If you are alive, you will experience it. The key is to deal with it effectively. Unmanaged stress is a source of illness, disease, unhappiness, emotional issues, and relationship problems. It can damage an otherwise healthy lifestyle. Therefore, effective stress management is absolutely essential to health and happiness.

The stress response is rooted in your biology and your perception. A healthy body does handle stress better, particularly in regards to heart rate and blood pressure, but most stress response is a product of perception. Think about it. Most people have some situation in their life that they can just imagine and their muscles begin to tighten, their breathing becomes shallower, and their blood pressure starts to rise. What a person creates inside manifests outside.

I help you to take a look at the stressful influences in your life. If you can remove or reduce some of them, good. I will teach you practical techniques to handle the stress you cannot ship to China (spouse, boss, kids, etc...). My ultimate goal, however, is to help you to change your perception about the stressful situations in your life, seeing them as welcome challenges and chances for growth, rather than problems, punishment from God, or evidence that the universe doesn't like you.

### Time

Everyone has 24 hours in a day, from the very efficient to the chronically disorganized, from the successful to the struggling. How we make use of this limited resource says a lot about our life. In my experience, the happiest, most effective people make the best use of their time. This is not to say that they cram as much as they possibly can into their schedules. What it does mean is that happy, effective people know what they want, know what's important, and adjust their schedule accordingly. Efficient time management is crucial in order to meet your goals.

A large part of my role as coach is to help you to organize your schedule. I help you to clarify exactly what it is that you want to achieve. Once we have an idea what your priorities are, we then take a look at your current schedule, how you actually spend your time. My goal is to help you organize your schedule to reflect what you truly want. I will look for areas of wasted time or unfulfilling activities and for "time bandits" (people or things that steal your time) in order to reduce or eliminate them from your schedule. My mission is to help you to get rid of all that is meaningless in your life so that you can create the meaning that you want.



## Relationships

With the possible exceptions of Taoist hermits and shipwrecked sailors, everyone has other people in their lives. These relationships are many and varied: significant others, children, parents, teachers, friends, co-workers, clients, bosses, rivals, and on and on. One of the critical requirements for living a life of health and happiness is to live consciously, and happy, healthy people tend to be conscious of how their relationships affect them. Who is a source of strength in your life? Who saps your strength and energy? Who supports you and who breaks you down? Who does both? Or neither? What role do you play in each of your relationships?



In my opinion as your coach, relationships should be a source of strength, and you should not be afraid to outgrow some of them. I help you to take a look at the people in your life and make conscious decisions about what role they will continue to have. Before I make some people out there mad at me, let me emphasize that I do not believe that a person should just give up when things get challenging or that you should ship your children to a work camp when they misbehave. What I do teach is that you should become aware of who is positive and who is negative in your life, set some healthy boundaries, and begin to make the changes that you need in order to be healthy and happy. Think about it. The more you grow, the more you have to give.



## Purpose

The happiest and the healthiest people I have had the pleasure of knowing have had many things in common, but one thing consistently stands out: a sense of purpose. Why do you get up in the morning? What guides your actions during the day? What gives meaning to the things you do? In our fast-paced world, it is very easy to get swept up into the day-to-day, to lose sight of the forest because of all the trees. A definite sense of purpose helps to put things back in perspective and to give meaning to otherwise mundane chores. The really amazing thing is that you can create any purpose that you choose, and make it real.

I will help you to define your purpose by asking the hard questions. I am constantly surprised how few people even think about their purpose, much less actually go after it. I want you to be healthy and happy, so I will encourage you to take the steps needed to bring your purpose to life. Your daily schedule can reflect your higher goals; it is possible to bridge the gap between dreams and reality. It just takes belief, action, and purpose.

## Spirituality

This word has many different meanings for different people but at root, spirituality is about a deep connection between all things. The deeper a person's awareness of this connection becomes, the more it manifests in daily life as compassion, appreciation, peace, wonder, humor, and happiness. Living a spiritual life is living a life of constant growth. It is about bringing a sense of the sacred into your world. A spiritual life linked with purpose is a very powerful one.



Before I offend anybody, let me say that I am not out to preach at anyone or to change anything that you don't want to change. I want you to be healthy and happy, and if your belief system is working for you, then by all means, have at it. It is my goal to help you look at the spiritual side of life in order to bring more sacredness, compassion, and awareness into your day-to-day existence. If you have deep beliefs, I want to see them in action, giving you strength, courage, and direction during your day. Anything you do during your day can be spiritual, from exercising, to working, to washing the dishes, to cleaning your ears. When your deepest beliefs are supporting your goals, it is impossible not to reach them.

## Wholeness

This principle is really a culmination of all my other approaches. A healthy, happy life is balanced. There are no "magic pills"; no one action or principle works to create health and happiness. Rather, a balanced life is a combination of all of its pieces working together. Healthy, happy people tend to see their lives as whole, as opposed to fragmented and separate. The outer reflects the inner and the inner is influenced by the outer. A balanced, healthy, happy life is a process rather than a place. It is your body, intellect, emotions, and spirit all working together to create the whole.

My most important job as your coach is to help you bring together all of the fragments of your life and to recreate them as a whole. We look at what's important to you, your purpose, your goals, your dreams, your convictions, and begin the process of gradually integrating all of the things that support your greater health and happiness. I help you to strengthen and make time for what is important and meaningful, and get rid of all that is not. It is my purpose to guide people to health, happiness, wholeness, and balance.