



*Inquiry
Health
Human Leadership*

IHHL “Whole Health” Services

Physical Health and Fitness

- ❑ **1:1 Personal Training – Get on Track and Stay on Track!**
A professional who cares about your fitness goals as much as you do is often all you need to stay on track. IHHL personal trainers offer the respect, tools, encouragement, and motivation you need to stick with your fitness plan and see results!!

Trainers are fully certified, experienced, and dedicated to YOUR success. Sessions provided on a 1:1 basis. We work with you to put an exercise and eating plan in place so you see results and feel great!

Price: \$30.00/session or **SAVE** with 4-session, 6-session, and Super-Savings packages!
***Gift cards available** - help a loved one meet their fitness goals!

- ❑ **Health and Fitness Seminars – Current Topics, Practical Tools**
From self-defence, to core conditioning, to cycling tours – join our intensive day programs or six-week evening series to learn a new skill, increase confidence, and make fitness gains! Introductory to advanced levels offered by certified BCRPA and experienced IHHL Team members.

Prices vary. Check our [Upcoming IHHL Events](#) page for current seminars.

Emotional Health

- ❑ **Counselling Sessions – Address Emotional Blocks and Move Forward with Confidence!**
Reaching our goals requires wellness on many levels. Emotional baggage can impact relationships, confidence, motivation, and our ability to focus. IHHL provides trained counsellors to help you address emotional blocks so you can move forward unhampered and ready to take on the world!

Price: \$50/session. 3 month, 6 month, and 1-year packages available – contact IHHL for rates.

- ❑ **Emotional Health Seminars – Intensive, Short-term, Action-based Learning**
Increase confidence and remove perceived barriers through intensive 1 to 5-day sessions. Group-based with individual activities focusing on self-exploration, identification of perceived barriers, and moving beyond perceived barriers.

Sessions use a variety of media from art, to physical activity, to role play to assist participants to move beyond perceived barriers, increase practical “toolbox”, and make major confidence gains!

Price: varies. Check our [Upcoming IHHL Events](#) page for current seminars.

Spiritual Health

- ❑ **Coming soon!**