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STRATEGIES

TO BECOME THE BEST
VERSION OF YOURSELF:

NUTRITION • EXERCISE • WELLNESS
UNDERSTANDING HOW IT ALL WORKS TOGETHER!



NEW U FORMULA

A Simple Blueprint for Nutrition, Exercise, Wellness & Understanding

N=Nutrition
(Food)

E= Exercise
(Movement)

W= Wellness
(Mindset)

U=Understanding
(How it all works)

Have you ever thought about how you can become the best version of yourself? If so, this e-book is going to change your life!!!

How Will You Become the Best Version of Yourself? By Becoming the.....



N - Nutrition
(How We Eat)

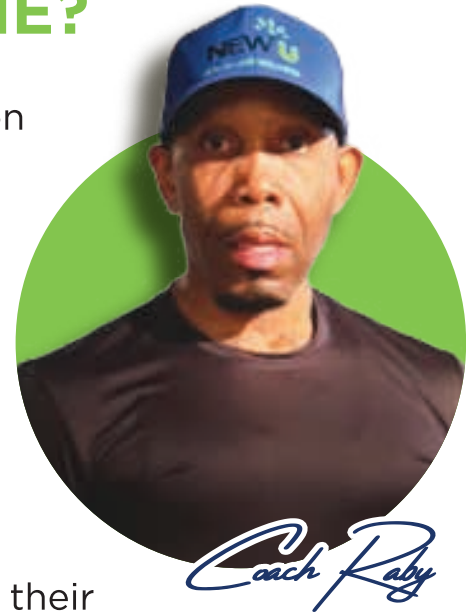
E - Exercise
(How We Move)

W - Wellness
(How We Think)

U - Understanding
(How It All Works Together)

WHY SHOULD YOU LISTEN TO ME?

My name is Vidal Raby; health and wellness are my passion and purpose. I am a Master Certified Health Coach and Life Coach. My heart's desire is to meet people where they are to form a partnership with them to develop a specific plan that is focused on Nutrition, Exercise, Wellness (positive mindset), and Understanding (how it all works together) to support and help people become the best versions of themselves. My target focus is helping families, teenagers, adults, and seniors. I enjoy helping my clients to be over comers, in their various barriers and challenges in their lives to help them achieve their passions, goals, and dreams.



grew up in rural Alabama as an overweight child and teenager. I was overweight for my entire childhood and teen years until 17 years of age. I was told year after year, time after time, by family and friends, that I would not be able to lose weight. Every year, during summer break from school, I always had a vision in my mind of how I would look and would say to myself, "I'm going to lose weight this year." And year after year, I felt like a failure up until my Junior Year of high school. At the end of my Junior Year, I weighed 260 lbs. I began my Senior Year weighing 248 lbs., and this is when I realized that I had not failed all

those years but finally learned how to manage what I ate and adopted a more active lifestyle. This built my confidence level, but I still had family and friends who said that I would not lose weight. At this same time, I had thoughts of pursuing a career in the military. To do this, I needed to go from 248 lbs. to 180 lbs. at the minimum. By my graduation, I weighed 176 lbs. I achieved my weight loss goal and more!

Due to my challenges as a teenager, I developed a real passion and desire for health and wellness. As a result, I changed my mind about military service and chose to attend college where I further educated myself about health and wellness by receiving my Associate Degree in Wellness Management from Shelton State Community College in Tuscaloosa, Alabama.

As an adult, I still struggled with knowing what to eat, how to exercise properly, how to keep a positive mindset, and understanding the synergy of how it all works together, so I figured it out. I had to stay positive at all times of life from

how I ate, to exercising 3 to 4 times a week; thinking positive at all times. I said to myself, "If I can incorporate all these things in my life, it will all work together." Fast forward to today and the birth of NEW U HEALTH AND WELLNESS Coaching. I always had the

burning desire in my heart to help other people achieve their health and wellness goals, especially teenagers due to my own life experiences. I knew that I had to have the proper education and experience in order to help others

succeed and achieve their goals. After many years of searching and seeking for the right education program that would help me achieve my goals of educating myself to help others, I discovered Dr. Sears Wellness Institute, where I became a Master Certified Health Coach. During this same time, I also became a Life Coach through New Skills Academy.

These are the pillars and foundations that I created for NEW U Health and Wellness Coaching:

1. (N) Nutrition

Eating a whole food diet offers a myriad of benefits for overall health and well-being. Whole foods, such as fruits, vegetables, whole grains, and lean



proteins, are rich in essential nutrients, vitamins, and minerals that support various bodily functions. This nutritional abundance contributes to improved energy levels, enhanced immune function, and better digestion. Additionally, whole foods often contain high amounts of fiber, aiding in weight management and promoting cardiovascular health. Choosing whole, unprocessed foods over highly refined options helps regulate blood sugar levels and reduces the risk of chronic diseases. Embracing a whole food diet not only nourishes the body but also supports a sustainable and balanced approach to long-term health.

2. (E) Exercise

Engaging in regular exercise, specifically 2 to 3 times a week, brings significant value to one's life by promoting better overall quality of life. Physical activity has been linked to improved mood, reduced stress, and enhanced cognitive function. Regular exercise contributes to the maintenance of a healthy weight, strengthens muscles and bones, and supports cardiovascular health. Beyond the physical benefits, consistent workouts can boost self-esteem and foster a sense of accomplishment. Establishing a routine of 2 to 3 weekly exercise sessions not only aids in preventing chronic diseases but also enhances sleep quality, increases energy levels, and cultivates a more vibrant and fulfilling lifestyle. The positive impact of regular physical activity extends far beyond the gym, influencing mental and emotional well-being for a more satisfying and balanced life.

3. (W) Wellness

Embracing wellness and cultivating a positive mindset go hand in hand, fostering a holistic approach to overall well-being. A positive mindset serves as a powerful tool in navigating life's challenges, reducing stress, and enhancing mental resilience. When coupled with wellness practices, such as regular exercise, balanced nutrition, and sufficient rest, it creates a harmonious synergy. Positive thinking has been associated with lower levels of inflammation, improved cardiovascular health, and strengthened immune function. Furthermore, a focus on wellness encourages mindfulness, self-care, and the development of healthy habits, promoting a sense of purpose and fulfillment. By prioritizing both mental outlook and physical health, individuals can experience a profound and sustained enhancement in their overall quality of life.

4. (U) Understanding How It All Works Together

Understanding the interconnected dynamics of nutrition, exercise, and wellness is crucial for achieving optimal health. Nutrition provides the essential building blocks for the body's functions, influencing energy levels, immune response, and overall vitality. When paired with regular exercise, the body becomes more efficient at utilizing these nutrients, promoting better muscle strength, cardiovascular health, and metabolic balance. Wellness, encompassing mental and emotional aspects, is enhanced through the harmonious integration of nutritious eating and physical activity. A balanced combination of proper nutrition and exercise contributes to weight management, stress reduction, and improved sleep quality. This holistic approach creates a positive feedback loop, where good health practices reinforce one another, leading to a comprehensive sense of well-being. Recognizing and actively incorporating the synergies between nutrition, exercise, and wellness forms the foundation for a sustainable and vibrant lifestyle.

Client Testimonials:

"I can't thank Coach V enough for the incredible support and guidance he provided to me and my family on our journey towards better health. Coach V's expertise in nutrition, exercise and overall wellness has been invaluable in helping us make positive changes and achieve our goals. His personalized approach, combined with genuine care and encouragement, truly sets Coach V apart as a great coach! I highly recommend Coach V to anyone, seeking to improve their health and well-being. Thank you, Coach V, for making such a positive impact on our lives!"

Sandra B, Randolph, MA

"Thanks to Coach V, I've reclaimed my health and vigor! With his guidance, I shed 30 pounds, and regained my confidence. Coach V is truly awesome, and I'm grateful for his support on my journey to wellness."

Otha N., Boston, MA

"Coach Vidal, thank you! You have inspired me to embrace a new way of thinking, and how I can improve my quality of life by simply making better health and nutritional choices daily. Each session/meeting, helped me to recognize why choosing the right foods, exercising daily, and always keeping a positive mindset is essential to maintaining a Stronger, Happier, and Healthier YOU!"

Xaviera R, Birmingham, AL

Check out the "FamilyFlex Duo" Meal Plan

Monday to Friday:

Option 1:

Breakfast:

- Oatmeal with sliced banana and a drizzle of honey
- Whole grain toast with peanut butter

Lunch (for kids at school):

- Turkey and cheese whole wheat wrap
- Carrot sticks with hummus
- Orange slices

Snack:

- Greek yogurt with granola
- Apple slices

Dinner:

- Grilled chicken breast with baked sweet potatoes and steamed green beans
- Mixed green salad with vinaigrette dressing

Option 2:

Breakfast:

- Greek yogurt with mixed berries and a sprinkle of granola
- Scrambled eggs with spinach and whole wheat toast

Lunch (for kids at school):

- Peanut butter and jelly whole wheat sandwich
- Celery sticks with cream cheese
- Grapes

Snack:

- Cottage cheese with pineapple chunks
- Whole grain crackers with cheese slices

Dinner:

- Baked salmon with quinoa and roasted asparagus
- Tomato and cucumber salad with Italian dressing



Saturday (Cheat Day):

Option 1:

Breakfast:

- Pancakes with maple syrup and mixed berries
- Scrambled eggs with cheese

Snack:

- Popcorn
- Banana smoothie with chocolate protein powder

Lunch:

- Homemade cheese pizza with whole wheat crust
- Garden salad with ranch dressing

Dinner:

- BBQ chicken wings with sweet potato fries
- Coleslaw salad

Option 2:

Breakfast:

- French toast with strawberries and a dollop of yogurt
- Breakfast burrito with scrambled eggs, cheese, and salsa

Snack:

- Chocolate chip cookies
- Strawberry banana smoothie

Lunch:

- Chicken nuggets with ketchup
- Vegetable sticks with ranch dip
- Mandarin orange segments

Dinner:

- Cheeseburger sliders with baked potato wedges
- Caesar salad with croutons and Caesar dressing

Sunday:

Option 1:

Breakfast:

- Whole grain toast with avocado spread and sliced tomato



- Fruit salad with honey-lime dressing

Snack:

- Greek yogurt with honey and almonds
- Apple slices with peanut butter

Lunch:

- Tuna salad sandwich on whole wheat bread
- Baby carrots with hummus
- Watermelon cubes

Dinner:

- Beef stir-fry with brown rice and broccoli
- Asian slaw salad with sesame ginger dressing

Option 2:

Breakfast:

- Smoothie bowl with blended mango, banana, and spinach topped with granola and shredded coconut
- Scrambled eggs with cheese and whole grain toast

Snack:

- Trail mix with nuts, seeds, and dried fruit
- Cheese and crackers

Lunch:

- Veggie quesadillas with salsa
- Cucumber slices with tzatziki dip
- Mixed berries

Dinner:

- Spaghetti with marinara sauce and turkey meatballs
- Caesar salad with grilled chicken

Feel free to mix and match these options to create a meal plan that best suits the family's tastes and preferences!

To schedule your free discovery call with me click visit,
www.newuhealthandwellness.com





As a passionate health coach, my mission is to empower families in building a solid foundation of well-being through a holistic approach. I believe in the synergy of nutrition, exercise, and wellness, recognizing how these elements intricately work together to foster a healthy lifestyle. Guiding families through personalized strategies, I aim to impart not only knowledge but also the practical tools needed to make sustainable choices. It's about understanding the interconnectedness of nutrition and exercise, and how fostering overall wellness contributes to a vibrant and fulfilling life. Together, let's embark on a journey towards health, vitality and a harmonious balance that extends beyond individual wellbeing to enrich the lives of entire families, communities and across generations.

I hope that my ebook will inspire families to embark on a journey of holistic wellbeing, fostering a vibrant and resilient environment where every member thrives. Here's to building a legacy of health, happiness, wholeness, and wisdom for generations to come!

Thank you for taking your time to read my ebook! Let us work together and form a partnership so that you can become the NEW U and best version of yourself!

Sincerely,

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Coach Raby



NEWU

HEALTH AND WELLNESS

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