

Holistic Health Coaching

By Alice Tossut



alice tossut
PILATES & HOLISTIC HEALTH

Contents

<u>Who am I?</u>	3
<u>Holistic Health Coach</u>	4
<u>For whom?</u>	5
<u>How does it work?</u>	6
<u>Recipes</u>	7
<u>Contacts</u>	12



WHO AM I?

Hi, I'm Alice Tossut

My name is Alice, and I was born and raised in Italy.

As a certified professional dancer, my love for movement led me to discover the wonderful world of Pilates. After completing three teacher educations and earning multiple certifications, I am now proudly thriving as a Pilates instructor.

Now, you might be wondering why I decided to dive into the realm of Holistic Health Coaching.

Well, there are three main reasons.



First, being Italian, food is not just a meal; it is a cultural experience. But, like many, I questioned if my diet was as healthy as it could be. Also, since I moved to Amsterdam, The Netherlands, I have had the opportunity to come in contact with different food cultures. This experience has made me question people's food choices as well as my diet.

Secondly, teaching Pilates made me realize that many people could benefit from a more comprehensive approach to wellness.

While Pilates fosters a profound mind-body connection through movement, I have recognized the opportunity to further enhance individuals' overall health and happiness.

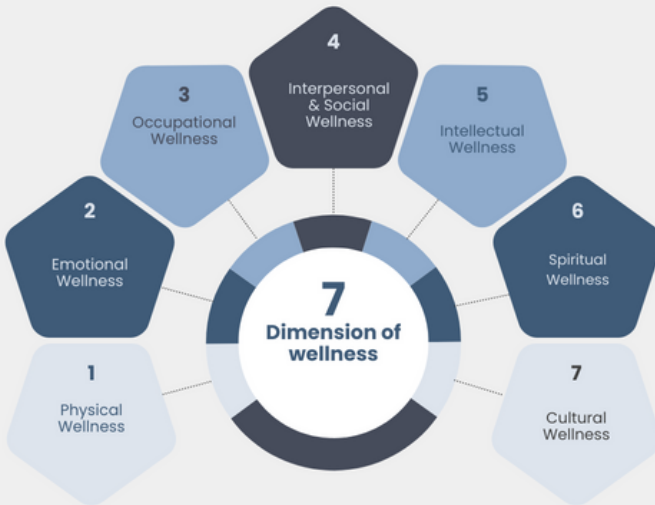
Thirdly, for myself, who does not want to live a long healthy, balanced, and joyful life?



Who is a holistic health coach?

A Holistic Health Coach is a trained professional who uses an integrative approach to diet and lifestyle changes to support clients in improving all dimensions of wellness.

These dimensions include physical, emotional, occupational, interpersonal and social, intellectual, spiritual, and cultural wellness.



A holistic approach takes into account the body, the mind, and the environment surrounding them.

Coaching is a collaborative partnership where the coach guides clients through their health journey, facilitating learning and assisting in implementing effective strategies to achieve goals.



FOR WHOM?

Who can benefit from coaching?

Coaching is for everyone!

If you want to:



LIVE A HEALTHIER AND MORE BALANCED LIFE



LEARN HOW TO MANAGE STRESS



LOSE OR GAIN WEIGHT



FIND WORK-LIFE BALANCE



ADD EXERCISE TO YOUR ROUTINE



ENHANCE YOUR SLEEP QUALITY



ADOPT A HEALTHIER DIET

Coaching is the way to go!

A coach can guide you to implement successful strategies to reach your goals, no matter where you are starting from.



HOW DOES IT WORK?

How do we work together?

During our first sessions, we will thoroughly explore your goals and expectations.

Once we have clarified them, I will guide you in achieving your objectives and integrating them into your long-term lifestyle.

Rather than imposing strict diets or habits that might conflict with your values, identity, or cultural background, we will work together to create a personalized plan.

We will continuously refine strategies for your success through our collaboration. During our meetings, we will track your progress and tackle any challenges that might arise.

Ultimately, when you have achieved and can sustain your goals, our work together will conclude successfully.



It's a journey, and every step counts.



Brownies, not brownies

INGREDIENTS FOR THE BASE

200 g mixed nuts

12 Medjool dates, pitted

120 g almond butter (or peanut or mixed nuts)

3 tbsp raw cacao powder

1-2 tbsp water (if needed)

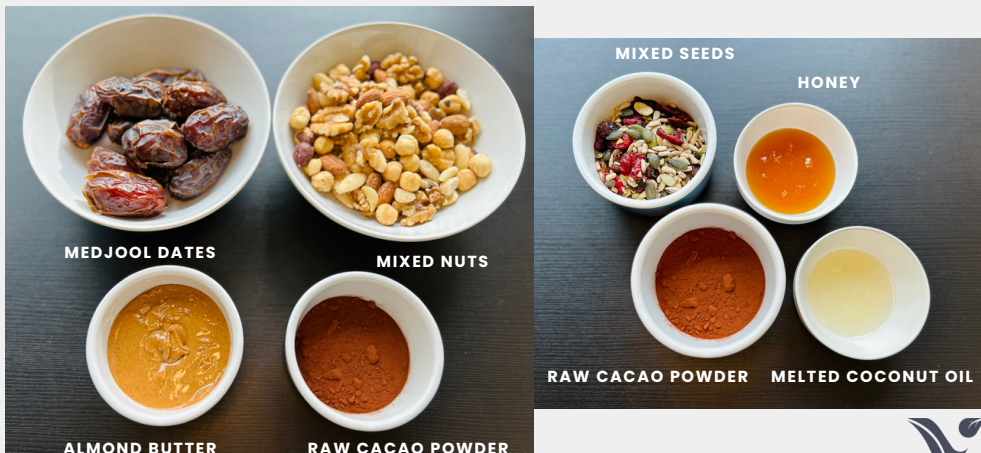
INGREDIENTS FOR THE TOPPING

3 tbsp raw cacao powder

4 tbsp melted coconut oil

3 tbsp honey or maple syrup

As needed seeds/berries



RECIPES



STEP 1

Place all the base ingredients in a food processor and blend until smooth and dough-like.

If the ingredients are not combining well, add a tablespoon of water at a time until the desired consistency is reached.

STEP 2

Cover a baking tray (or muffin tray for pre-portioned brownies) with parchment paper.

Press the dough into the tray using the back of a spoon. If the dough sticks, wet the spoon with cold water.



STEP 3

Combine all topping ingredients until smooth.

Spread evenly over the brownie. Sprinkle with seeds/berries.

Chill in the refrigerator for at least one hour.



Enjoy!



Chickpea & beetroot polpette

INGREDIENTS FOR 2 PORTIONS

- 300 g cooked chickpeas
- 300g cooked beetroots
- 1 onion
- 2 tsp soya sauce
- crumble bread/whole oat flour
- 1/2 lemon juice
- paprika powder
- unpeeled sesame seeds
- extra virgin olive oil



RECIPES

STEP 1

(move to step 2 if using precooked beetroots or chickpeas)

Soak chickpeas overnight (8 to 12 hours). Boil chickpeas for 45 minutes to 1 hour, or pressure cook for 30 to 40 minutes.

Peel and dice the beetroots. Boil until soft, or pressure cook for about 15 minutes.

STEP 2

Finely cut onion.

Add chickpeas in a pan together with onion and olive oil.

Add paprika powder, soya sauce, and lemon juice. Cook until they evaporate.

Add the beetroot and let it cook for a few minutes.



STEP 3

Add the chickpeas and beetroots to a food processor. Blend until smooth.

Mix the cream and oat flour/crumble bread in a bowl until you reach the desired consistency.

Preheat the oven to 180–200 °C.



RECIPES

STEP 4

Moisten your hands with cold water and a few drops of olive oil, then shape the mixture into balls.

Place sesame seeds in a bowl, roll the balls in the seeds and press them onto the surface.

Cover a baking tray with parchment paper and lie down the polpette.

Cook them in the oven for about 15-20 minutes.



Enjoy!



TIPS

You can serve the polpette with some mustard and a salad, or sauerkraut.

If the mustard is not homemade but store-bought, select mustard with only a few ingredients such as water, mustard seeds, natural vinegar, salt.

Recipe retrieved from "300 ricette da 300 calorie" Ramona De Amicis & Francesca Ghelfi



Curious to know more?

Ready to dive into the world of holistic health coaching or curious to learn more?

Take the first step towards a healthier life by scheduling a **FREE discovery call.**



+31 6 33 60 44 31



alice.tossut@gmail.com



Let's chat and kickstart your journey to wellness!

Disclaimer

The information contained in this document is intended for informational and educational purposes only. Reproduction, copying, distribution, publication, or modification of this document is strictly prohibited.





alice tossut

PILATES & HOLISTIC HEALTH