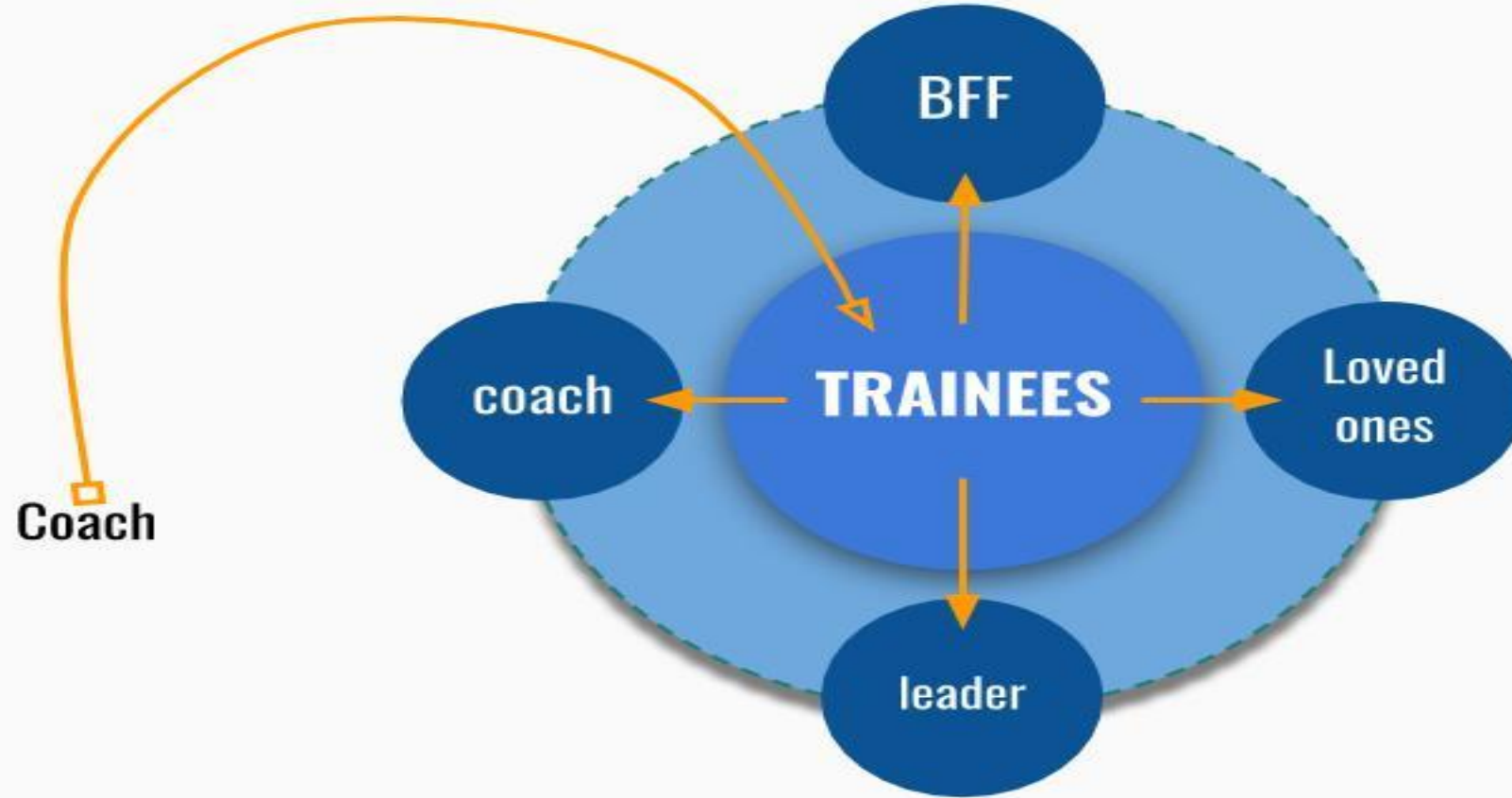


**Motivate
your
Body**

**COACH JOHANN
CSCS**

**Team model for
change and food
habits**

Motivational interviewing for athletes & active



Building a Team for self-Interest

Motivation Interviews for athletes and Active