

Montclair Health Associates



A Comprehensive Weight-Loss Program for
Children and his/her Family

Bob Jaskiewicz, L.C.S.W.

Psychotherapist

A.S.C.H. Certified Hypnotherapist

Julie Jaskiewicz, R.D., C.D.E.

Registered Dietitian

Certified Diabetes Educator

(973) 509-8879

Sports Performance

You are what you think you are.

Whether you're seeking the motivation and strength to be the best, or struggling to get started in an exercise program, everyone wants to do his/her best.

Regardless of whether competing against yourself, your opponents, or setting exercise goals there's nothing more rewarding than a sense of accomplishment. Yet, in spite of countless hours and dollars spent participating in a sport, most athletes devote little or no time at all mindfully preparing themselves for participation or competition in order to be successful.

For optimal performance in any sport, participating with focus, energy, and resolution, but *without* stress and tension, is imperative. When you are feeling relaxed, concentrating- in the zone, focusing on your task at hand, you participate *without* becoming drained emotionally. With our program, you shift from overpowering yourself with doubt or excuses to having the inner strength to participate at your personal best. Please call or email us to arrange a free consult.

Human beings are the products of their thoughts. *We will show you how to change any negative thought patterns to remove doubt.*

What you think and see in your mind often becomes your reality. *We will develop your skills to image your desired outcome.*

Success is a mental activity, at times exceeding the physical in importance. *We'll show you how practice and perfect your skills in a new way that you can count on.*

Excelling in mental skills leads to excellence in physical skills. *Many athletes have similar talents. Those who have superior inner strengths succeed.*

Those who think they can, can and usually do. *Let us help you get started making changes that last.*

WWW.MONTCLAIRHEALTH.COM

Reaching your potential: