



Living Well With Wil  
More Than Just Fitness



# Welcome To Living Well With Wil



My clients understand the the intrinsic connection between the mind, body and spirit, in addition to the importance and impact of taking care of themselves physically, mentally, emotionally, spiritually, and socially.  
-WiL Turner



## Client Testimonies

**Restoring lives and communities  
one body and one mind at a time.**

- 1 ISSA certified Restorative Fitness, Yoga, Health, Wellness, Relationship, and Lifestyle Coaching Specialist
- 2 Experienced and knowledgeable.
- 3 Community service and client oriented..
- 4 Compassionate, patient, relatable, honest, and reliable.

Hello,  
My name is WiL Turner.

The broad depth of my experience as an educator, behavioral counselor, ISSA restorative fitness, health, wellness, and lifestyle coaching specialist spans over 30 years. My goal is to share my professional and personal experiences and ties to the community to support men whose lives are impacted by illness, physical injuries, sexual abuse, emotional trauma, depression, stress, anxiety, PTSD and HIV.

Inspired by my clients health needs, my own emotional, psychological childhood traumas, and professional challenges throughout my life, I realize there is a dire need for emotional support groups, fitness, health, and wellness programs which dispel the myths of mental illness, emotional trauma, anxiety, depression and PTSD as a means of preventative and restorative selfcare.

My professional career in the health and wellness industry began as a Health Coordinator at Golds Gym, Youth Mentor, Resident Counselor with Big Brothers/Big Sisters and the Mental Health Association, Recreation Program Counselor at the YMCA in Upstate NY, Exercise Program Specialist at Equinox Gym, and currently the founder of Living Well with WiL.

## Client Testimonies

**Making a difference in the lives of others is the difference.**



# Living Well With WiL

## Mind | Body | Spirit

Physical Health

Mental Health

Self-help

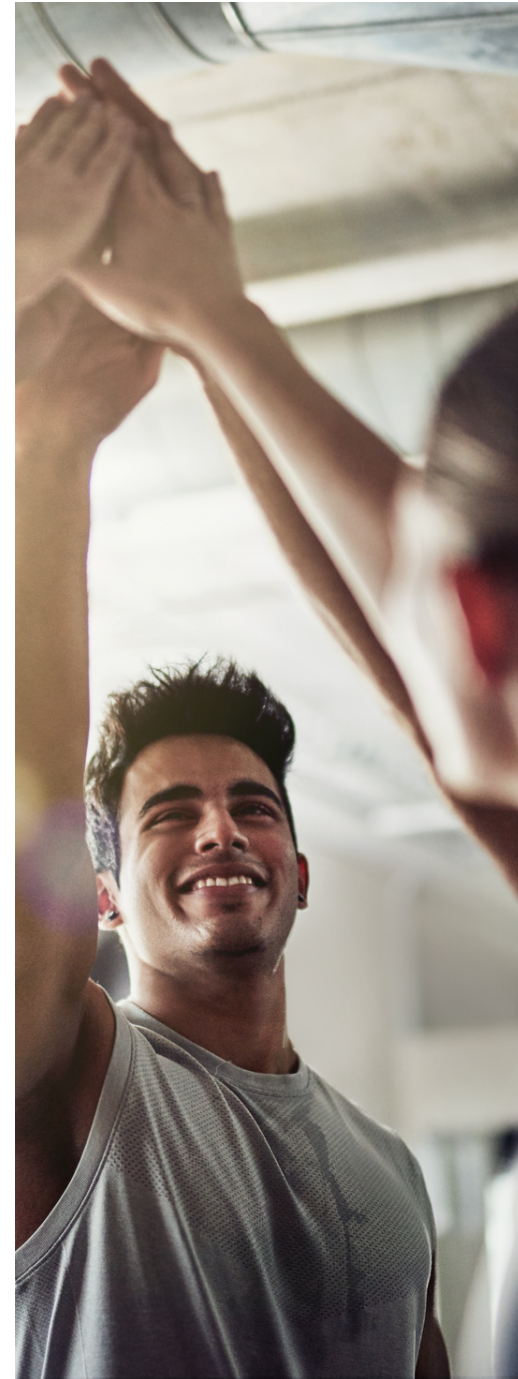
Relationships & Lifestyles

Physical health and mental wellness is important to us all. All of our lives are impacted by stress, anxiety, depression and a sense of loneliness at some point in our lives. Awareness and selfcare is the proactive process by which we choose to mindfully pour into ourselves, those we love, and work with.

As we are all striving to be better versions of ourselves and to have a better quality of life, staying physically active, healthier eating, having a positive mindset, conversations, interpersonal relationships and positive social interactions contributes to healthier, happier, more productive individuals.

The greatest challenges we face is overcoming the limitations of negative societal stigmas related to mental health, ethnic background, economic status, ageism, aesthetic appearance, and ourselves.

My restorative fitness, health, and wellness workshops approach fitness, health, and wellness from the perspectives of education, restoration, prevention, building healthy relationships, community, and team morale. The benefits of my restorative health and wellness programs serve to dispels the stigmas and myths of emotional frailty and mental illness by offering my support to those whose lives are impacted by trauma a safe space to reflect, process, and progress. In addition to, provide interpersonal interactions and alternative solutions to traditional therapy and expensive medications by nurturing the physical, mental, emotional, spiritual, and social well-being of my clients from the inside outward.



# Serving The Community Beyond Fitness

We are all emotional and social beings with a variety of social and emotional needs. We all desire to be supported, valued and loved. Depression, mental illness and negative social stigmas impacts the lives of men all around the world in some way. The perception of masculinity is a mirrored reflection of how the world views them and how they view themselves. That is also true as it relates to how well we take care of ourselves and one another.

**Everyone's Health and Happiness Matters!**

It only takes one to care to make a difference in the lives of many.

Influenced by the love of my mother who at her worst provided and cared for me. Through me, her unconditional love humility, graciousness, tenacity purpose to serve others lives on.

Everyone's health and happiness matters because they matter to me. I have a deep empathy for peoples inner suffering, and sense of loneliness because of my own at one point in my life. There is nothing worse than feeling hopeless and alone in the world. I never want anyone to know that feeling.

-Wil Turner



## Health and Wellness Coach in Dallas

Wil Turner is a physical health and wellness coach who has dedicated over twenty years to working to make the world a healthier and happier place. His goal is to bridge the social



# Social Impact

## Press and Social Media Presence:

Voted as Dallas Voice, Voyage Dallas, YMCA, and Equinox Gyms best trainer makes WiL the most accredited physical health and wellness education specialist in the fields of fitness, health and wellness in Dallas and New York. WiL devotes his life and shared expertise in fitness, health and wellness program development to help his clients and those seeking to nurture healthier lifestyles, relationships and desire to take better care of themselves physically, mentally, spiritually, emotionally, and socially in mind, body, and spirit.

## Community Organizations and Corporate Affiliations:

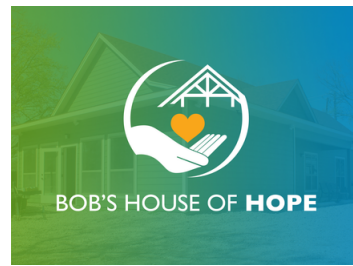
Committed to volunteering, service to others, and community leadership for over 30 years.

20  
Organizations

Serving over 20  
organizations in the  
Dallas community

50.000k

Serving over 50,000k  
Clients and social  
media followers



# The 5 Pillars Of Health and Well-being



# Focusing On Marginalized Demographics of Straight and Gay Black men Impacted by Social Stigmas, Trauma Mental Illness, Depression and Anxiety



## Mental Health & Well-Being

Helping hetero and gay black men connect to affirm their collective traumas and pain through fitness and relationship building to heal and make a change.

## Social Health & Well-Being

Surrounding ones self by like minded people who support you and share your experiences, thoughts, feelings. and emotions nurtures your self-worth, intrinsic growth, and a positive mindset for positive outcomes and healthy relationships.

## Physical Health & Well-Being

Daily physical activity, group fitness and wellness workshops are a great to build morale, relationships, improve mental acuity, injury prevention and overall well-being.

## Emotional Health & Well-Being

A wonderful serenity, and internal sense of peace takes possession of person's soul when they feel seen, heard, supported, and valued.

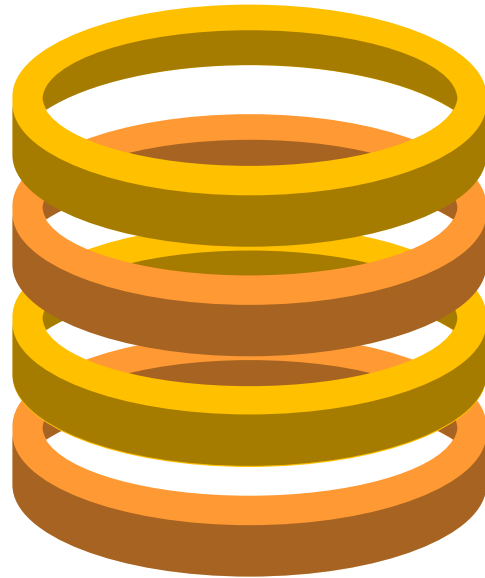




## The Impact and Benefits of Restorative Mental and Physical Health Programs for Black and Gay Members of The LGBTQIA Community

Establishing restorative fitness and wellness support groups for those historically marginalized and who are members of LGBTQIA+ communities, both black straight and gay men serve to address the lack of mental healthcare and supports for black men who are survivors of sexual abuse living with mental illness and HIV and emotional traumas stemmed from social stigmas, marginalization, repression and discrimination.

- Living Well with WiL's broader agenda is to support black hetero and gay men who are victims and survivors of sexual abuse, those whose lives are impacted by emotional trauma and mental illness procured by the social stigmas of masculinity and sexuality.



- As members of the LGBTQIA community, black gay men fall into the category of being double minorities, which thereby social stigmas, racism and homophobia attributes to their internal conflicts to overcome a wide category of suppressed mental, emotional and social traumas and difficulty with forming health social, emotional and relational bonds with others.



# The Benefit of Private/Group Restorative Physical and **Mental Wellness Programs** in The Workplace



## **Team Morale**

Work environments can either increase or decrease team morale



## **Healthy Interpersonal & Work Relationships**

Healthy working relationships in the workplace nurtures a healthy workplace as well as live, work balance.



## **Increases Productivity**

Healthy and happy individuals are more productive individuals.



## **Reduces Absenteeism**

By providing employees with the resources and opportunities they need to take care of themselves reduces work absenteeism.



# Workplace Wellness Infographic

## Employee Burnout

Over 61 percent of employees are burnt out on their jobs.

## Stress Related Symptoms

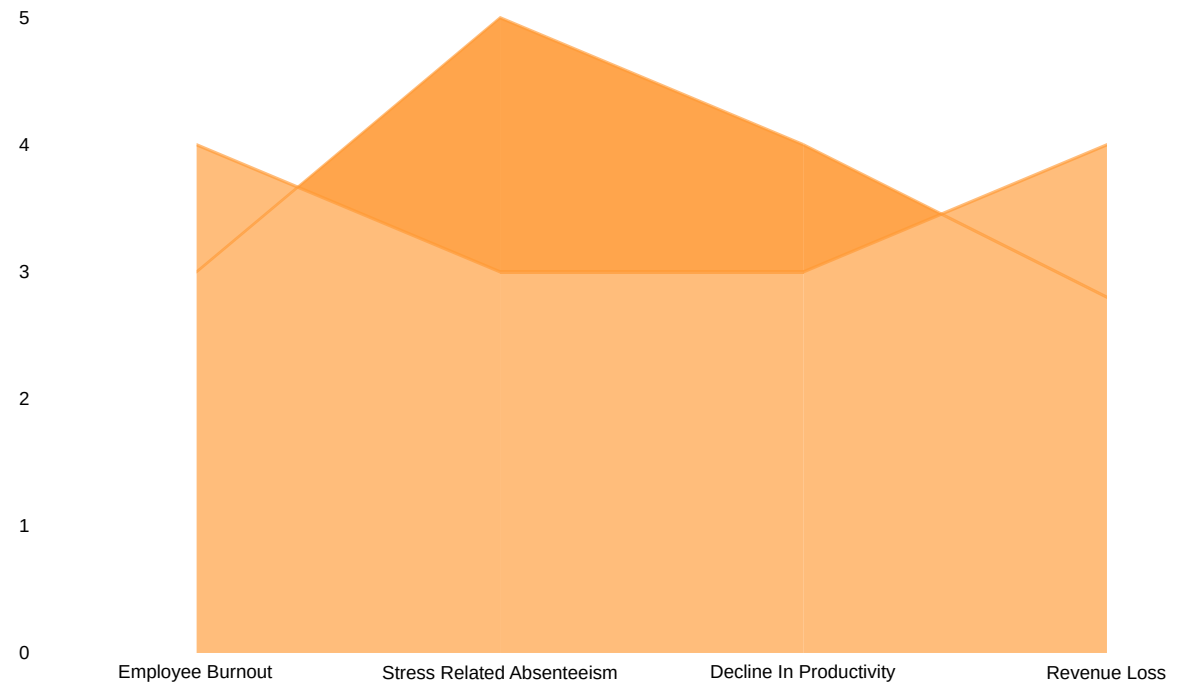
Stress related symptoms which cause absenteeism in the workplace include high fatigue, sleepiness, lack of motivation, aches and pains, headaches, high anxiety, and depression,

## Decline In Productivity

Employees whos work environment does not support their professional growth, and well being are more likely to be less productive.

## Revenue Loss

Companies across the nation loose Over 3.5 billion dollars in revenue annually due to employee absenteeism.



# Restorative Physical Health & Wellness

## Objective

Restorative physical health, community health, and mental wellness programs serve the purpose of helping clients of all demographics, especially those who are minorities, members of the LGBTQIA community or socioeconomically challenged. The objective of restorative physical health and wellness programs serves the purpose of nurturing overall health, overcoming stress, anxiety, and depression with the added benefits of building relationships, team moral and community and to help those whose lives are impacted by trauma, process their traumas in a healthy way via access to nurturing the 5 pillars of health and wellness. The objective is to support those in need of help take better care of themselves physically, mentally, emotionally, spiritually and socially through fitness, and subscription to outlets, environments and habits which foster positive mindset.

### ● **Benefits Of Restorative Physical Fitness Programs**

The Restorative Physical Health and Wellness program is a 40 minute private or group fitness program which serves the purpose of reducing stress, improving mental acuity, endurance, strength, flexibility, and mobility

### ● **Benefits of Restorative Mental Health Programs :**

The Restorative Mental Health and Wellness Program is a guided 40 minute self reflective and meditative workshop which serves the purpose of helping participants reflect and reset their thinking/mindset regarding past, present and projected traumas mentally, emotionally, spiritually, and socially.



# Modalities of The Restorative Health Principles

Mental Health

Physical Health

Emotional Health

Self Efficacy & Value

Building Healthy Relationships

Live Work Balance



# Men's Restorative Health & Wellness Workshops & Retreats

Finding Your Voice & Purpose Workshop

Overcoming Trauma, Depression, Anxiety & PTSD Workshop

Nurturing Healthy Relationships/ Mindset Workshop

Restorative Healing Mental & Emotional Trauma Workshop

Restorative Private & Group Fitness /Yoga & Meditation Workshop

Restorative Corporate Wellness Team Building & Morale Workshop



# Health & Wellness Workshops That Work

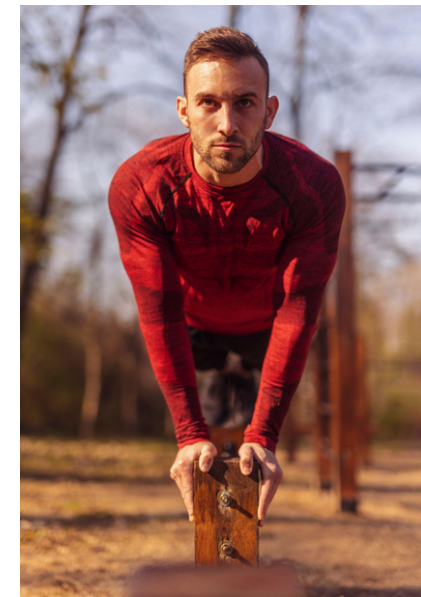
**\$100**

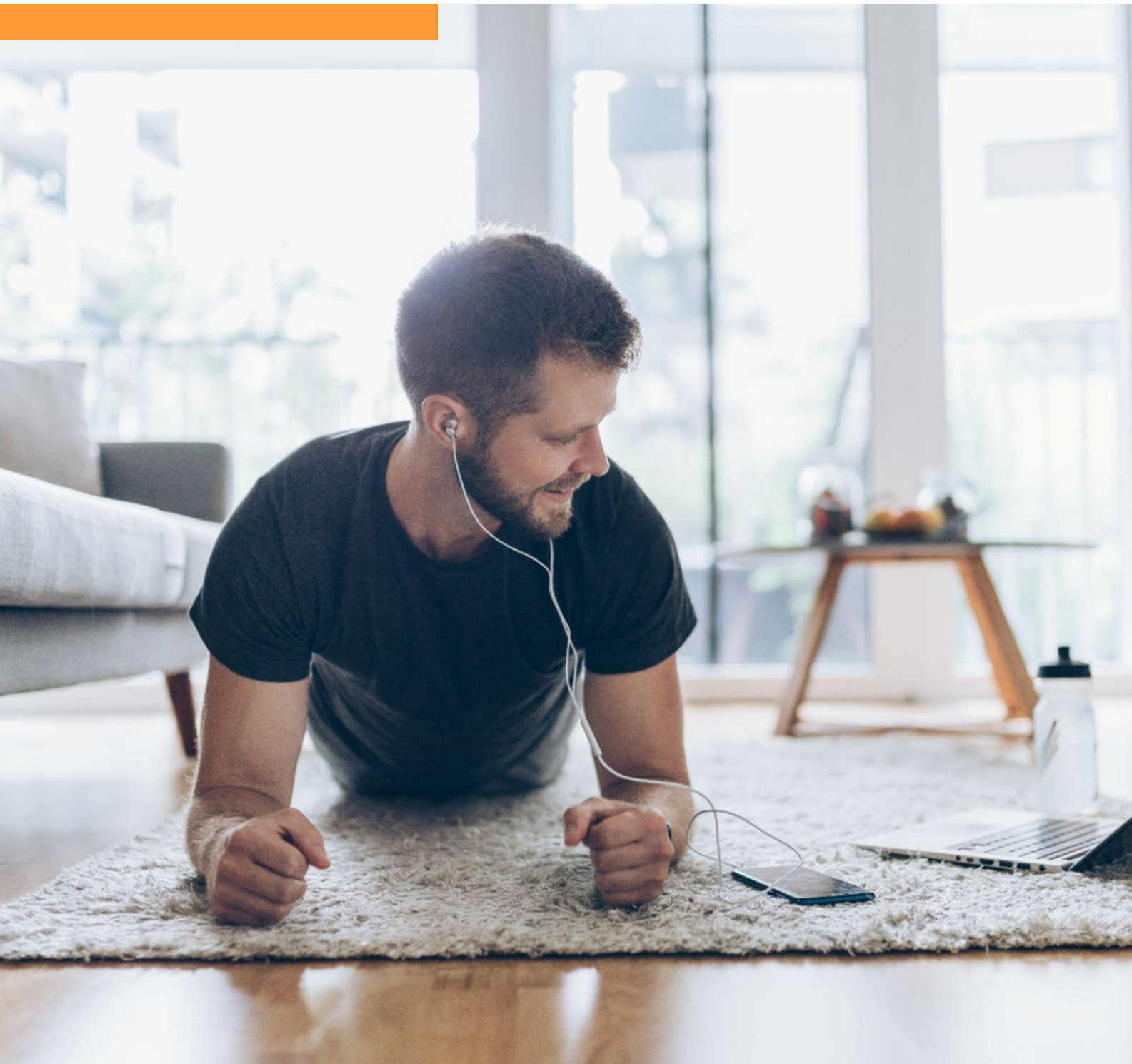
Take better care of your health in mind, body and spirit.

**Restorative  
Fitness Coaching  
Workshops**

**Restorative  
Wellness Coaching  
Workshops**

**The mission of Living Well with WiL** is to address physical and mental health from the perspective of self preservation and prevention by providing its clients, consumers and constituents with a unique quality of services and programs in restorative physical health and wellness coaching that supports and nurtures the physical, mental, emotional, spiritual and social health and well being of the whole individual.





# Health and Wellness Online



**Set Realistic Goals  
for Yourself and  
Achieve Your Goals**



**Nurture Healthy Relationships**



**Reflect & Decompress**





# Restorative Health & Wellness Cooking Workshops

**\$100**

Take better care of your health in mind, body and spirit.

**Restorative  
Healthy Recipe &  
Meal Prep Guide**

**Restorative  
Wellness Cooking  
Workshops**

Diets is a four letter word that should never be used. All fad diets are bad for your health. If your not a master in the kitchen, you don't have to be. I will show you how to skip the drive through to make healthy meals you will love to make everyday.

The quality and quantity of the types of foods you eat plays in integral part of your your over all health. A healthy breakfast, lunch, dinner and snacks are recommended. The proper nutrition of four meals a day and staying hydrate improves the way you look, feel , and live.





The mission of Living Well with WiL is to address physical and mental health from the perspective of self preservation and prevention by providing its clients, consumers and constituents with a unique quality of services and programs in restorative physical health and wellness coaching that supports and nurtures the health and well being of the whole individual.

## Restorative Fitness & Wellness Workshops

### Restorative Fitness Workshops

#### Body Dynamics Total Body

Body Dynamics is a great way to improve endurance, strength, flexibility, mobility, stamina, and mental acuity.

#### Absolutions Core Strength

Core stability is the foundation of total body movements and everything we do.

### Restorative Wellness Workshops

Overcome Stress Depression, Anxiety and Trauma



# Men's Restorative Fitness Program

01

**Cardio for Endurance| Stamina & Weight Loss**

02

**Strength**

03

**Ab Solutions for Core Strength**

04

**Active Stretching for Flexibility & Mobility**





# How To Be A Success?

Knowing that I was brought into the world to serve a greater purpose beyond myself has taken possession of me in mind, body and spirit. There is sweet serenity that comes from helping others, that I can not explain. - WIL Turner

- ➔ Know the value of your worth.
  - ➔ Be bold, daring, and transparent.
  - ➔ Be confident, compassionate and humble.
  - ➔ Lead by example.
  - ➔ Embrace your individuality and uniqueness.
  - ➔ Write your own narratives.
-

# Personal Touch & Lifestyle

## More Than Just Fitness

Self expression, having confidence, personal style and the way we choose to live also attributes to our quality of life, health and wellbeing.

As part of the Living Well with WiL brand, not only is physical and mental health important but also the way you look, feel, and live.

In addition to being an ISSA certified restorative physical health and wellness coach; as a former model, now spokesperson, personal stylist and lifestyle influencer, WiL helps his client look, feel and live their healthy and happy best on the inside and the outside.



**Restore your  
health in mind  
body and spirit.**

[Book WiL Today](#)

[Learn More](#)



# Support Resources & Outreach



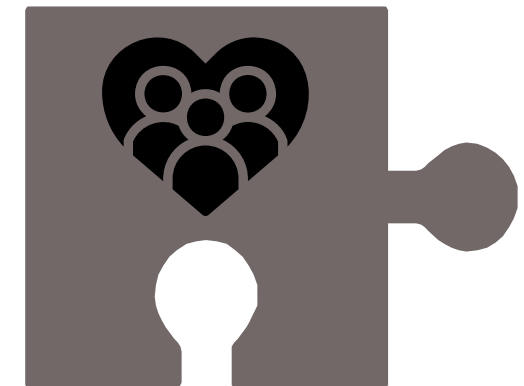
Do something good for your health in mind, body, and spirit. Subscribe to the Living Well with WiL Blog.



Do something good for your self. Tune into the Living Well with WiLpodcast.



Download the FIITT Restorative exercise program, meal plan guide and Wellness Workbook



Do something good for yourself, your health, and someone else. Become a member of the Living Well With WiL networking and support group.





**THANKS**

