

Spartanology

Certification in resilience, health, fitness, and self-care


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This course addresses the 5 main aspects of someone's life - Diet, Fitness, Mood/Fear, Leadership/Success, and Social/Self-Happiness and guides people to uplevel their lives in each category

IN THIS COURSE YOU'LL LEARN:

- How to live your life Spartan Strong in four critical areas: Nutrition, Exercise, Mood Management, and Leadership.
- The best ways to get your relationship with food on track and your nutrition operating on all cylinders. How to integrate physical activity into your regular schedule, what barriers have prevented you from becoming more active, and how to overcome those obstacles and start training with purpose.
- The ways in which your mood can become a barrier to you achieving the type of performance you are looking for in life and on the race course, and how to manage your mood in a way that propels you forward.
- Best practices for learning how to become a leader in your own life and make bold choices for how to live your life to the fullest. How to better understand yourself, your choices, your emotions, how they all tie together, and utilize this awareness to truly live the Spartan Way.

WHO THIS COURSE IS FOR:

- You feel like you need an edge, an 'extra' lift that will help elevate your choices, behaviors, and experiences in life. You are looking to understand yourself better from multiple angles and wanting more motivation.
- You want to change your relationship with food, your relationship with physical activity, your relationship to emotions, and/or your tendency towards leadership.
- You believe that when you know better you do better, and you are looking to LEARN & PRACTICE from a grittier, more resilient position.

WHAT YOU'LL GET:

- A complete review of the Spartan principles from 4 different branches of wellness: nutrition, physical activity, mood management, and leadership.
- Over 40 lessons that will take your current position in life 10 stories up to a place where you feel more empowered to make bold choices and engage in more fulfilling experiences.
- Downloadable homework, resource pages, nutrition guides, and workout plans to help you put the material to work.
- Access to the Spartan community to share your Spartan journey with others on the same path.
- Access to Spartan experts to help you throughout the course and during your transition into a more bold and badass lifestyle.

ENROLL IN THIS CLASS

\$199.00

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Gift this course

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WHAT'S INCLUDED

- Access your courses anytime, anywhere, with a computer, tablet or smartphone
- Videos, worksheets and interactive content designed for a proven learning experience
- Unlimited access. Take your courses at your time and pace