

LAKESIDE

TESSERA ON LAKE TRAVIS

On the North Shore

in Lago Vista

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Newsletter

Happy Holidays!



In this

Edition

Business Profile -

Resilient Edge Wellness

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Resilient Edge Wellness

If you're looking beyond conventional wellness, fitness or health coaching programs and wish to tap into the vibrant health and energy already within you - to reduce stress, increase energy, overcome chronic pain or a frustrating health condition - there is a business on the North Shore that is perfect for you! It's called Resilient Edge Wellness, and it was founded by Karen Van Ness, who has lived with her family in Lago Vista since 2008. We had a chance to visit with Karen to learn more about how one can become resilient, perform better and lead a healthier, vibrant life.



1. How long have you been in business?

We started during COVID doing primarily virtual consultations. We opened a practice office here in Lago Vista in September of this year, located at 7400 Lohman Ford Rd.

2. What led you start this company?

I devoted over 30 years to my corporate career, which was very rewarding. However, my avocation and true love since high school has always been related to training and teaching martial arts and qigong, fitness and wellness, and personal development principles. My plan had always been to retire from corporate life and start a full time wellness practice. To that end, starting about five years ago, I deepened my studies in Medical Qigong and Classical Chinese Medicine and have earned a Doctor of Medical Qigong and Chinese Energetic Medicine

degree. I have also updated several fitness and breathwork certifications and started teaching Qigong again locally.

Through the years working part time, sometimes for free, I helped many people achieve better fitness, health, and energy, and I love helping each client feel more confident and resilient, achieve their goals, and feel more in control. I understand how challenging it can be to achieve - AND retain - the fitness, health, and energy we all want - especially when you are busy with job/career, family and home responsibilities, and community obligations. I've been through my own health challenges including overcoming asthma, serious injuries and surgery, and weight issues, so I can relate to how frustrating it can get.

3. What areas of the North Shore do you serve?

We serve Lago Vista, Point Venture, and Jonestown, as well as Leander, Cedar Park, and Austin. I also work remotely with clients from all over the US and Canada.

4. What services do you offer?

We offer Clinical Qigong Health Consultations and Treatments; Health and Wellness Coaching; Qigong and Breathwork Lessons; Fitness and Nutrition Coaching; and Personal Power and Resilience Coaching. Our services provide a structured, effective approach to help you achieve optimal health, energy, and vitality by tapping into your own innate resources, so you can become more resilient, healthier, and happier.

Sessions are usually one to two hours, so we have plenty of time to work together. We discuss your current challenges and goals and put together a customized plan. Depending on your interests and goals, we can flexibly combine multiple areas to create a program that works for you.

5. What audiences can best benefit from your services?

A full mind-body-spirit approach to health and vitality is accessible to anyone, no matter your current age, health, or fitness level. If you are frustrated with the medical system and being prescribed more and more medication without truly resolving what is going on in your body; suffer from a chronic health condition and would consider a natural way of relief; or are looking to strengthen your body and improve your energy levels, so you can do the things you want to do or improve your performance at work or athletically - we can help.

6. How is your approach to wellness different from others?

The Resilient Edge Wellness approach to health and wellbeing integrates



your body, mind, and spirit to give you better results in less time than the typical programs, fads, and cookie-cutter stuff you can find online. We leverage time-tested principles and techniques from Classical Chinese Medicine (a 5,000 year-old medical tradition), Clinical Qigong, other energy and breathing disciplines, and traditional martial arts...along with modern, proven fitness and health coaching strategies and nutritional recommendations. We also use emerging technologies such as DNA testing, blood work analysis, and targeted health apps to create a customized wellness and treatment protocol for each client. We work WITH the body to kick start its natural abilities to repair and heal itself.

7. How can someone know if they may need wellness-related services?

Unfortunately, our western medical model - which focuses primarily on treating disease (versus preventing it) and breeds dependence on prescription meds and surgery - often lets us down. Medical professionals work very hard and want the best for their patients, but often can't spend the time with each patient they would like. This creates a gap in knowledge and preventative treatment. If you've had a challenging time finding relief through standard medical treatments, we can help you overcome chronic, frustrating conditions such as joint and back pain, inflammation, high blood pressure, fatigue, or immune and digestive system challenges.

We can also work as a complement to your existing medical regimen and help you pull together, organize, and better understand all the test results, prescriptions, and recommendations from your medical professionals, then add recommendations from a Clinical Qigong perspective. Our approach empowers you to understand your body and health care options and utilize the best of both western and alternative options.

On the positive side, if you're looking for some support or coaching to help you get in better shape, improve your energy and focus, or learn more about the power of breathwork or Qigong (energy exercises), we can help you with that too. Each of us can achieve remarkable improvements in our health, energy levels, and capabilities with simple changes.

8. How do you charge for your services?

We charge on a per-session basis. The fee depends on the specific type of treatment or consultation. Rates are available on our website.

9. Do you operate out of a physical location or are your services offered remotely?

We offer both! Our treatment / consultation center is located at 7400



Lohman Ford Rd – it's on the right as you head out Lohman, across from Sun Hardware. We also offer virtual consultations using Zoom as our remote coaching platform. Zoom is free and easy to use for our clients. I also make house calls for some clients who are not mobile or live in Austin and prefer not to drive out to Lago.

10. Are you currently accepting new clients?

Yes we are. I look forward to serving more of my fellow Lago Vista / Jonestown / Point Venture community members.

11. How can someone contact you to learn more about your business or to schedule a consultation?

Please call 512-267-3915 and our friendly receptionist will schedule your session and answer any questions. You can also visit our website at www.ResilientEdgeWellness.com and schedule online.

12. How can someone follow you on social media.

You can follow our business profile on Google (search for "Resilient Edge Wellness") and our blog at www.ResilientEdgeWellness.blog.

You can always check in at the main website, www.ResilientEdgeWellness.com. We'll be starting a series of

informative Youtube videos as well which will be accessible via the blog and website.



RESILIENT EDGE WELLNESS

Build Resilience, Perform Better, and Lead a Healthier, Vibrant Life