

# Who is Paul Chek?



## and what is the C.H.E.K Institute?



### Who is Paul Chek?

Paul Chek, HHP, is a prominent expert in the field of holistic health and corrective and high-performance exercise. For over twenty-five years, Paul's unique, holistic approach to treatment and education has changed the lives of countless clients, students and peers. By treating the body as a whole system and finding the root cause of a problem, Paul has successfully coached clients toward complete resolution of their health and performance challenges, where traditional approaches have consistently failed. Paul is the founder of the C.H.E.K Institute, based in California, and a licensed Holistic Health Practitioner.

### Does Paul Chek train clients?

Yes, but Paul's time is extremely limited due to his busy writing, teaching and presenting schedule. Although Paul will consult with individuals in a one-on-one setting, he is forced to keep his client list exclusive to those committed to taking control of their life. Paul uses a coaching model when working with clients and his fees are considerably higher compared to a personal trainer. Consequently, he will only work with those that have the commitment and means to meet these requirements. A one-time visit with Paul requires a good amount of paperwork to be completed by the client and at least 3 billed-hours. Paul's normal hourly rate starts at \$500 per hour.

### How can I see Paul Chek?

If you are still interested in consulting with Paul Chek and have the necessary means and commitment to do so, please contact his assistant, Vidya McNeill, through email, at [vidya@paulchek.com](mailto:vidya@paulchek.com). If you are interested in meeting with a C.H.E.K Institute-trained Professional, someone that is trained by Paul Chek through the Institute, you can find a C.H.E.K Institute-trained Professional in your area by calling or visiting our website.

### What is the C.H.E.K Institute?

The C.H.E.K Institute provides cutting edge, clinically and scientifically-based educational programs, products and services for the fitness and health care professional, and the individual in pursuit of better living through optimal health. We accomplish this through DVD correspondence courses, seminars, advanced training programs, books and audio programs, complemented by assessment tools and functional exercise equipment. The Institute is the educational body created by Paul Chek that trains students in the methods and practices developed over his 25 years of clinical experience.

### What is a C.H.E.K Institute-trained Professional?

From fitness instructor, to medical doctor, to alternative health care provider, people who have attended one or more of the C.H.E.K Institute's Advanced Training Programs work in a variety of environments, with many different types of clients. CHEK Exercise Coaches and C.H.E.K Practitioners may be found in rehabilitation and post-rehabilitation settings, working with professional athletes and teams or with the general public. CHEK Golf Biomechanics work with golfers either in a fitness or clinical facility; many physical therapists and chiropractors find this a profitable addition to their current practice. CHEK Holistic Lifestyle Coaches come from highly varied backgrounds and use the information learned in the Optimal Health and Fitness program in as many different ways.

### How can I see a C.H.E.K Practitioner?

There are C.H.E.K Institute-trained Professionals all over the world and we can help you find them! Please visit our website or call us to find a C.H.E.K Institute-trained Professional in your area. Their fees vary by individual with regards to their skills and profession, but each will steer you in the right direction to health and wellness.