

John Spencer Ellis Launches 90-Day Coaching Program for Men Over 40

New program offers structured coaching designed to help men over 40 improve lifestyle habits, physical performance, and long-term well-being



wellness educator, has announced the launch of a 90-day coaching program created for men over 40 who want a more structured approach to improving their health, performance, and daily habits.

The program is designed to provide personalized guidance in areas such as fitness, nutrition, recovery, mindset, and lifestyle management. According to Ellis, the goal is to help participants follow a more practical and consistent plan rather than relying on conflicting advice, short-term trends, or generic solutions.

“Many men over 40 are looking for a clearer and more sustainable approach to improving how they feel and function,” said Ellis. “This program was developed to provide structured support, practical strategies, and personalized coaching based on each individual’s goals and circumstances.”

The newly introduced coaching program includes weekly consulting sessions, individualized planning, and ongoing support throughout the 90-day engagement. Ellis says the program is intended for men who are ready to take a more intentional approach to personal wellness and lifestyle improvement.

The coaching framework focuses on core areas that may influence overall well-being, including healthy routines, physical conditioning, sleep, stress management, and long-term consistency. Rather than offering one-size-fits-all advice, the program is tailored to each participant’s starting point, priorities, and personal objectives.

Ellis brings decades of experience to the program. His background includes academic training in business and health-related disciplines, along with multiple professional certifications in fitness, nutrition, rehabilitation, and behavioral coaching. Over the years, he has worked with a wide range of clients and has built a reputation for combining practical coaching with structured wellness education.

In addition to his professional background, Ellis has participated in numerous endurance and athletic events and has been recognized within the fitness industry for his long-term contributions to coaching and education.

The new 90-day program is now available through JohnSpencerEllis.com. Interested participants can complete an intake process online and schedule an initial consultation to determine whether the program aligns with their needs and goals.

“This program is for men who want a focused, guided process,” Ellis added. “The intention is to help clients build a stronger foundation through practical steps they can apply consistently over time.”

For additional information about the program, visit <https://johnspencerellis.com>.

About John Spencer Ellis

John Spencer Ellis is a coach, consultant, and educator who works with men over 40 on structured wellness, performance, and lifestyle improvement programs. His work focuses on practical coaching strategies that support healthier habits, improved consistency, and long-term personal development. More information is available at JohnSpencerEllis.com and DietGuru.com.

Media Contact

John Spencer Ellis

Email: johnspencerellis@gmail.com

Website: <https://johnspencerellis.com>

Media Contact

John Spencer Ellis

*****@gmail.com

Source : John Spencer Ellis

[See on IssueWire](#)