

How John Spencer Ellis' Coaching Helps Men Build Better Health, Stronger Income, and a Higher Quality of Life

By John Spencer Ellis · Performance & Life Optimization Coach · Las Vegas, NV



Dr. John Spencer Ellis, Las Vegas-based performance and life optimization coach.

After more than three decades of professional coaching, John Spencer Ellis' work has narrowed into two focused programs designed to deliver real results for men ready to take their health, energy, and lifestyle back. The programs address the two biggest fronts where modern men struggle: their bodies and their lifestyles.

Men's Health and Longevity Coaching

This program is for men who feel their body and energy slipping and want to do something real about it. Lower energy. Stubborn weight that will not move. Sleep that does not feel restorative. Thinner hair. Duller skin. A reflection that does not match the man you know yourself to be.

Men's Health and Longevity Coaching is a 90-day, fully personalized engagement delivered through 12 weekly private sessions. The work addresses the integrated systems that drive how a man over 40 actually looks, feels, and ages — hormones, sleep, body composition, inflammation, recovery, skin and hair vitality, posture, nutrition, and training. The result is a man with restored energy, a stronger body, deeper sleep, and the confidence that comes when

biology and reflection finally agree.

[Learn more: johnspencerellis.com/health-longevity-aesthetic-optimization-for-men-40/](https://johnspencerellis.com/health-longevity-aesthetic-optimization-for-men-40/)

Escape the Rat Race Coaching

This program is for men whose biggest frustration is structural — the calendar, the career, the system itself. The grind that never lets up. The slow drain of trading hours for dollars in a job that owns your time. The quiet realization that more income alone will not fix what is actually broken.

Escape the Rat Race Coaching helps men monetize their existing expertise, build a simple, profitable, location-independent online business, and design a lifestyle that produces strong income alongside time freedom and personal meaning. John has personally built exactly this kind of life and teaches men how to do the same.

[Learn more: johnspencerellis.com/pick-my-brain-2/](https://johnspencerellis.com/pick-my-brain-2/)

Which Program Is Right for You?

Ask yourself one question: if your biology was fully optimized — full energy, deep sleep, balanced hormones, lean body, sharp mind — would you want to keep doing what you're doing in your career and life right now?

If yes, you have a body problem. Start with Men's Health and Longevity Coaching. If no, you have a structural problem. Start with Escape the Rat Race Coaching. For many men, both apply over time. The right place to start is the one solving your most urgent bottleneck.

The Path Forward

If you're ready to do real, focused work and build the strongest chapter of your life, the programs are proven and the path is clear.

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— John