

Wellness Works for You

Custom Programs for a Happier, Healthier Workplace.

Health and Fitness Coaching

Personal one-on-one Motivational Sessions
to Help Individuals Make Positive Lifestyle Changes

GOALS + SUPPORT = SUCCESS

COACHING OPTIONS:

- Health: Using Evidenced Based Health Teaching to reduce health risks - ideal following Health Fairs.
- Nutrition: Education to reduce health risks and improve health - ideal following HRA's.
- Fitness: Assisting Employees to meet overall fitness and nutrition goals!
- Health at Every Size: Assisting Employees of all sizes to feel, and be happy and healthy.

Coaching
provides the
PERSONAL
ATTENTION
necessary for
CHANGE

Employees will meet individually with a Health Coach trained in
**Motivational Interviewing and
Evidenced Based Health Teaching.**

Sessions ranging from 10 - 60 minutes.

Cost: \$65.00 / hr.