

One-on-One Wellness Consultations



Voluntary, Private, 100% Confidential

A one-on-one wellness consultation with a **Wellness Consultant** is designed to **educate, motivate, and inspire** you to reach your health and wellness goals. It starts with *"just a conversation"*....



What can a wellness consultation cover?

A wellness consultant is there to help YOU! **A consultant has the knowledge and skills to discuss a number of wellness topics, including:**

Nutrition	Exercise
<ul style="list-style-type: none"> ✓ Healthy eating tips ✓ Sports nutrition ✓ Vitamins and supplements ✓ Specialty food options (organic, vegetarian) ✓ Grocery shopping tips ✓ Managing food intolerances ✓ Children and youth nutrition ✓ Recipes, meal plans, quick meal preparation 	<ul style="list-style-type: none"> ✓ Types of exercise ✓ Fitness program design ✓ Walking programs ✓ Learn to run programs ✓ Yoga and stretching ✓ Exercise for the aging population

Disease Prevention	Lifestyle
<ul style="list-style-type: none"> ✓ Diabetes prevention and management ✓ Quitting smoking ✓ Injury management ✓ Cholesterol and blood pressure management ✓ Healthy aging (how to manage osteoporosis) 	<ul style="list-style-type: none"> ✓ Goal setting (and achieving!) ✓ Self-confidence (joy, combat negativity) ✓ Time management strategies ✓ Coping with depression

Coping with Stress	Weight Loss
<ul style="list-style-type: none"> ✓ Stress management ✓ Relaxation and breathing techniques ✓ Sleep strategies ✓ How to overcome setbacks 	<ul style="list-style-type: none"> ✓ Healthy weight loss ✓ Monitoring calories ✓ Healthy body composition ✓ Detoxing (why, how, risks)



Do any of these items impact you or your family?

If so, connect with your EWSNetwork wellness consultant!

*** Referral to additional resources as needed ***

