



WORKPLACE WELLNESS

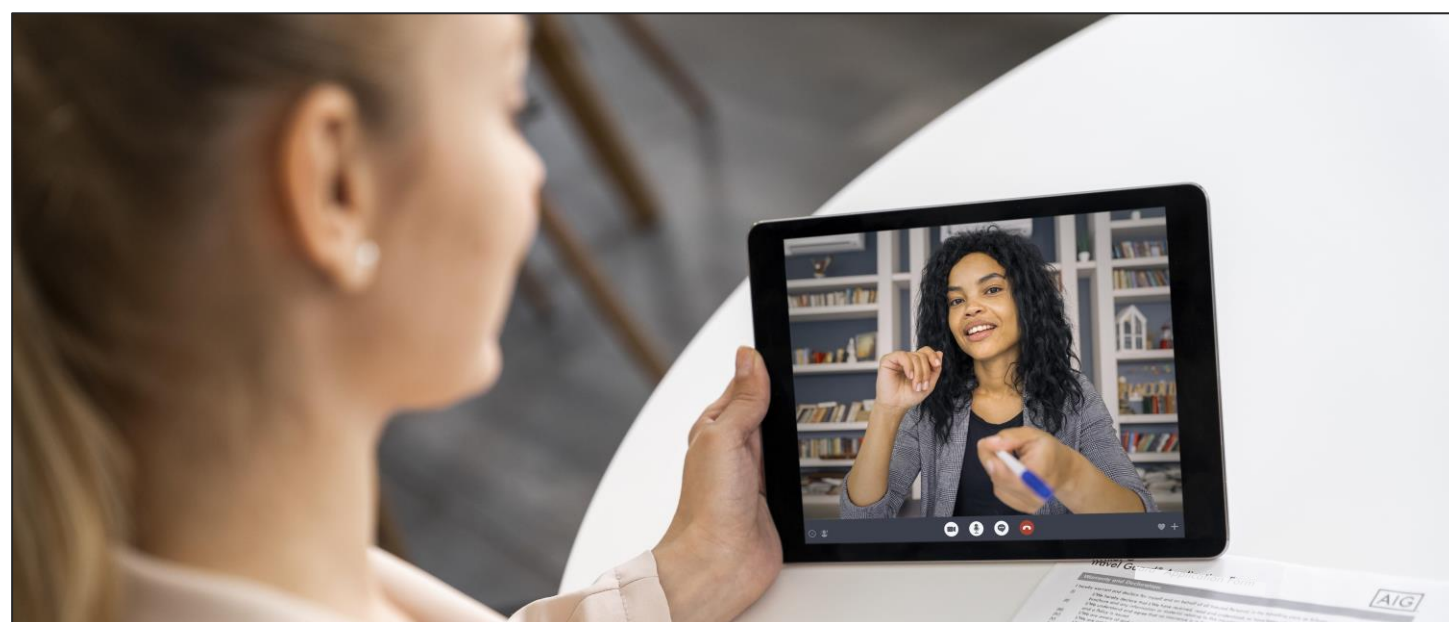
VIRTUAL HEALTH COACHING

VOLUNTARY. 100% CONFIDENTIAL. 100% PRIVATE.

A one-on-one virtual health coaching session with a Health Coach is designed to **educate, motivate, and inspire you** to reach your health and wellness goals. It starts with “*just a conversation*”....

WHAT CAN A HEALTH COACHING SESSION COVER?

A health coach is here to help **YOU!** A coach has the knowledge and skills to discuss a number of wellness topics including:



Nutrition

- Healthy eating tips
- Sports nutrition
- Vitamins and supplements
- Specialty food options (organic, vegetarian)
- Grocery shopping tips
- Managing food intolerances
- Nutrition for children and youth
- Recipes, meal plans, quick meal preparation

Disease Prevention

- Diabetes prevention and management
- Quitting smoking
- Injury management
- Cholesterol and blood pressure management
- Healthy aging

Coping with Stress

- Stress management
- Relaxation and breathing techniques
- Sleep strategies
- How to overcome setbacks

Exercise

- Types of exercise
- Fitness program design
- Walking programs
- Learn to run programs
- Yoga and stretching
- Exercise for the aging population
- Breaking up sedentary time

Lifestyle

- Goal setting (and achieving!)
- Self-confidence (joy, combat negativity)
- Time management strategies
- Coping with depression

Weight Management

- Healthy weights
- Monitoring energy levels
- Healthy body composition
- Balancing food, exercise, sleep and stress



DO ANY OF THESE RESONATE WITH YOU ?

If so, be sure to connect with your Health Coach!

**Referral to additional resources as needed*

