



Denise

Laura

Sarah

CONNECT WITH YOUR HEALTH COACH!

One-on-one meetings

Personalized plans and action items

Private and confidential

Did you know that you have access to personalized one-on-one health coaching through your workplace wellness program?

Health Coaching is designed to educate, motivate, and inspire you to improve your health and well-being. You'll work one-on-one with a professional coach who will help you assess your personal goals and create a plan to achieve them. Your health coach will provide you with the guidance, support, and resources you need to create the healthy lifestyle you want.

Take advantage of the opportunity to work with a health coach. Schedule a wellness consultation and take the first step to a healthier you!



Ready to give Health Coaching a try? Schedule your session in the Wellness Hub or email:

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WHAT CAN YOUR HEALTH COACH HELP WITH? HERE ARE SOME EXAMPLES...



NUTRITION

Healthy Eating Habits • Vitamins and Supplements • Sport Nutrition • Youth Nutrition • Grocery Shopping Tips • Substitutions & Special Diets • Food Intolerances • Meal Plans • Meal Prep • Healthy Recipes



PHYSICAL ACTIVITY

Forms of Exercise • Fitness and Training Programs • Walking and Running Programs • Yoga and Stretching • Exercise for Older Adults



DISEASE PREVENTION

Diabetes Prevention & Management • Injury Management • Quitting Smoking • Cholesterol and Blood Pressure Management • Healthy Aging • Managing Osteoporosis



STRESS MANAGEMENT

Coping Strategies • Relaxation and Breathing Techniques • Sleep Strategies • Work-life Balance • Managing Challenges and Setbacks



WEIGHT LOSS

Healthy Weight Loss • Healthy Body Composition • Monitoring Calories • Detoxing - why & how



LIFESTYLE

Goal Setting and Achieving • Sleep Hygiene • Self-confidence • Mindset and Negativity • Time Management Strategies • Mental Well-being • Coping with Depression