

HEALTH COACH PROGRAM

EEHF- NAPERVILLE

What is Health Coaching?

A Health Coach is an educated guide in the field of nutrition, wellness, bio-individuality and mentoring. Health Coach empowers you with strategies to bridge the gap between the healthy living recommendations from your health provider and to implement those recommendations into your complex life.

4 Signs You Will Benefit from the Help of a Health Coach

- You want to feel healthy and have more energy.
- You are tired of the dieting, deprivation, and frustration that comes with trying to lose weight.
- You want to improve your diet and lifestyle, but you are not sure where to begin.
- You want to become a more positive health influence on the people around you.

Some of the things you will gain via health coaching

- Ability to read food labels correctly.
- Ability to plan appropriate healthy meals.
- Increased feelings of overall well-being.
- Reported more restful sleep patterns.
- An appropriate level of fitness activity.
- Achieved initial weight loss goal.
- Decreased and/or discontinued targeted medication.

Health Coaching is a strategy for helping people make behavior modifications that help manage many chronic conditions such as obesity, high blood pressure, high cholesterol, diabetes, arthritis, and chronic pain.

For more detailed information on any service or program please contact:

Karen Wick, Professional Health Coach and Personal Trainer at EEHF Naperville

Email: Karen.Wick@EEHealth.org Office: (630)646-5926

Edward-Elmhurst
HEALTH & FITNESS

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