

The Role of a Health Coach



Health coaches are professionals who help you make lasting, positive changes to enhance your health and well-being. They collaborate with you to establish and reach goals aligned with your values, providing guidance, support, and accountability to empower healthier habits and lead a fulfilling life.

What Does a Health Coach Do?

Personalized Support

Coaches work with you to create wellness goals that fit your needs and preferences

Illuminates Health Insight

They help you understand health concepts and motivate you to make positive changes

Navigates Obstacles

Life can toss a lot your way, and health coaches help you navigate those obstacles and stay on track.

What Health Coaching is **NOT**:

- ◆ **Medical Advice:** Coaches do not diagnose conditions or prescribe treatments
- ◆ **Exercise or Nutrition Plans:** Coaches won't hand you a gym or meal plan – they're your guides, not your personal trainers or chefs
- ◆ **One-Size-Fits-All:** Coaches craft personalized plans, not cookie-cutter solutions

