

What is Health Coaching? & What do Health Coaches Do?

What we are and can do:

- We are a supportive guide
 - We help you set goals
- We help you become the expert in your health and wellness journey
 - We support our clients in areas such as: weight loss, energy improvement, stress management and more
 - We share tools and knowledge
 - We motivate and empower
- We provide a safe space to be uniquely you and learn more about how you can reach your full potential and explore options
- We provide clients with a holistic perspective of Health and Wellness in their individual Food and Life choices

What we are not and can't do:

- We are not nutritionist or dieticians
- We do not offer meal plans or fitness plans
- We do not offer lifestyle regimens

Click on these Links For More Detailed Information:

<https://www.integrativenutrition.com/blog/what-is-a-wellness-coach-everything-you-need-to-know>