

**Integrative Health Coaching** is client oriented. Health coaches do not tell clients what to do. They empower clients to achieve their own internal goals around health. Change is more achievable and sustainable when clients utilize personal strengths, interests, and values to create a process that works for them.

## INTEGRATIVE HEALTH COACHING COMPLETES THE FULL CIRCLE!

The **SelectWell Program** provides valuable insight to clients regarding their current health status through advanced lab testing and clinical education.

**Integrative Health Coaching** helps individuals complete the circle of optimal health by offering support to those who need to make sustained lifestyle changes that allow them to achieve their health goals.



## INTEGRATIVE HEALTH COACHING

**Call to learn more**  
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## CONSIDERING LIFESTYLE MEDICINE

Our daily lifestyle choices can have a profound impact on our health. The food we eat, how much we sleep, how we move our bodies. Even our thoughts and how we manage stress all have the ability to either support or hinder our health. It is estimated that up to 95% of chronic disease is preventable with healthy lifestyle choices. **Lifestyle Medicine** is a medical specialty approach that uses evidence-based behavioral interventions to prevent, treat and manage chronic disease. **Lifestyle Medicine** can be effective in the management of chronic diseases such as prediabetes, diabetes, cardiovascular disease, dementia, auto-immune diseases and even cancer. While **Lifestyle Medicine** is the most effective treatment for chronic conditions, both clinically and economically, it is vastly underutilized. Why is this? Unfortunately, living a healthy lifestyle is difficult in today's environment. You may not believe in living a healthy lifestyle. Perhaps you don't know how to start.

Perhaps you were able to change for a while, but then found old habits creeping back into your life. While most may want to achieve optimal health, committing to **DOING** the right things, and more importantly, **KEEP DOING** them can be difficult! This is where **Integrative Health Coaching** comes in.



These processes were developed from well-researched behavior change models that have proven to support lifestyle change and overall wellness.

## HOW IS INTEGRATIVE HEALTH COACHING DIFFERENT & WHY DOES IT WORK?

**Integrative Health Coaches** focus on all aspects of wellness associated with Lifestyle Medicine, including sleep, stress management, movement, nutrition, physical environment, life purpose, and meaningful relationships. These elements are often interconnected and improvement in one area often impacts improvements in others.



## WHAT IS INTEGRATIVE HEALTH COACHING?

**Board Certified Integrative Health and Wellness Coaches** have been trained by an accredited program and have passed a National Board Exam given by the National Board of Medical Examiners. Certified coaches fully understand the specific coaching process and utilize skills which elicit **SUSTAINED BEHAVIOR CHANGE**.

