



ACTIVE HEALTH | 1ST HEALTH COACH SESSION

It is an opportunity to meet our coach and ask questions you have about how the process works. Your first Health Coaching session is at no cost.



Session Goals

Identify your personal health values

Identify elements of motivation

Identify path to goal development

What to expect during the session?

- 30-60 minutes with the Health Coach (as needed)
- Digital body scan & composition analysis
- Get to know your Health Coach
- Overview of available programs & resources
- A review of your health history in your own words
- Explore what health goals are important to you and motivations
- A review of concerns from medical providers (if appropriate)

How to be Successful

Regular engagement and acceptance that change takes time. Some clients meet as often as weekly others only monthly. This is not a quick fix solution but a lifechanging undertaking. Bring a list (or be ready to discuss) health concerns and goals that you would like to work on.

What if I just want to general health information? Consider starting with one of our small group classes. If you have a topic of interest that you don't see on our calendar, just ask! We have many classes that we run upon request or are planning to run in upcoming months.