



Health Coaching



What is a Health Coach?

A health coach is a supportive guide who helps clients set health goals, whether to lose weight, improve energy, better manage stress, and much more. In addition to being a mentor who holds clients accountable, health coaches are vital members of the greater healthcare team, bridging the gap between traditional healthcare and enacting sustainable and positive behavioral lifestyle changes.

Health Coaching vs. Personal Training

Health coaching is the development of healthy lifestyle habits while personal training focuses on fitness, weight and body composition goals.

Personal trainers design fitness programs, demonstrate proper exercise execution, assess progress, and adjust training plans as needed.

Health coaches guide clients through building self-care skills, habits, and healthy behaviors crucial for optimal wellness. They help their client find the tools and strategies they need to make better lifestyle choices and achieve their health goals.

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Popular reasons for having a Health Coach:

- Increase energy and motivation
- Lose weight
- Learn better stress-management techniques
- Prioritize self-care
- Eat healthier
- Exercise more
- Improve relationship with themselves and others
- Create work-life balance
- Increase positivity
- Reduce anxiety and understand what's best for them

Meet the Health Coach

Heather Ver Woert

Credentials:

- BS Kinesiology- Kansas State University
- ACE Certified Behavior Change Specialist
- ACE Certified Personal Trainer
- ACE Certified Fitness Nutrition Specialist
- ACE Certified Weight Management Specialist
- AFAA Perinatal Fitness Certified

"Making positive, long-lasting lifestyle changes is challenging, but can be a lot easier with someone by your side and helping you along the way. Creating the life you truly desire is possible and you can begin working toward that best version of yourself today."

Orientation package: \$110.00 (Includes two 45 minute sessions)

Health Coaching package: 30 minute sessions

Number of Sessions	Total Package Price	Monthly Payment Plan	Number of Payments	Price per Session
1	\$35.00	n/a	n/a	\$35.00
3	\$97.50	\$48.75	2	\$32.50
6	\$180.00	\$90.00	2	\$30.00
9	\$247.50	\$123.75	2	\$27.50
12	\$300.00	\$100.00	3	\$25.00

*NON-MEMBER FEES (in addition to package price):

1 Session - \$5.50 3 Pack - \$16.50 6 Pack - \$33.00 9 Pack - \$45.50 12 Pack - \$66.00

Health Coaching Policy

- Health Coaching fees are non-refundable and non-transferable.
- The Center for Health Improvement requires that clients give a minimum of 12 hours notice for appointment cancellations. Clients will forfeit missed appointments.