

About Health Coaching Services:

D-Signed Nutrition has created a menu of Health Coaching Services that is carefully integrated with your Patient Action Plan.

Coaching Services are provided on a one-to-one basis and typically begin immediately following completion and review of your Patient Action Plan.

As your trusted Health Coach we function as your personal “go-to” advocate. Our job is to empower and inspire you by helping to make your transition to a healthier lifestyle more attainable and long lasting.

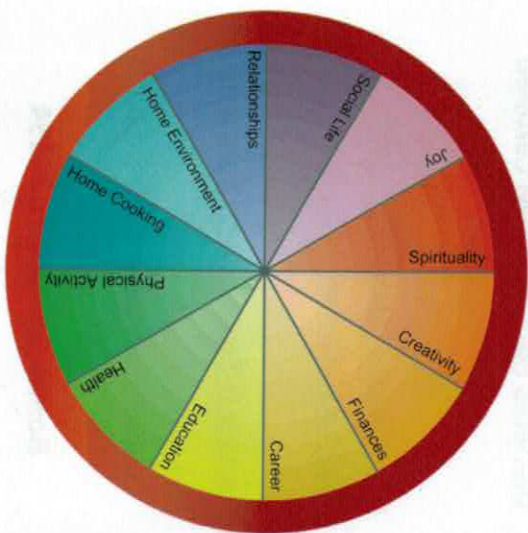
By supporting you over the long term, we’re available to provide motivation, knowledge and support throughout your wellness journey.



The Circle of Life

To help patients achieve optimum wellness, we provide education and guidance that incorporates the primary food areas of your life. These include:

Relationships
Career
Exercise
Spirituality



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No one diet works for everyone

As a Health Coach, I am your personal advocate for living an energized and passionate life. I work with my clients to help them create happy, healthy lives in a way that is flexible, fun and free of denial and discipline. By working together, we can discover the food and lifestyle choices that best support you. Making gradual, lifelong changes enables you to reach your current and future health goals.

Have you been wanting to:

- improve your eating habits?
- understand your body better?
- make your self-care a priority?
- feel confident in choosing and preparing better food for you and your loved ones?
- experience an increase in overall happiness in your life?

Welcome to Your Program

Your personalized program will radically improve your health and happiness. Together, we'll explore concerns specific to you and your body and discover the tools you need for a lifetime of balance.

During the course of the program you will:

- set and accomplish goals.
- explore new foods.
- understand and reduce cravings.
- increase energy.
- feel better in your body.
- improve personal relationships.

Your Program Includes:

- Two, one-hour sessions per month
- Group seminars and classes covering a variety of health-related topics
- E-mail support between sessions
- Handouts and other materials
- Food samples and self-care products
- A monthly newsletter

Could one conversation change your life?

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