



Monarch Health Promotions



Are you Considering a Lifestyle Change?

Health Coaching is one of the most effective approaches to assist individuals make and sustain improvements in their lives.

The relationship between a Health Coach and client offers a profound level of support, guidance, and encouragement to making changes, without being judgmental. A Health Coach enables change by focusing on a client's needs, values, vision, and goals and helping bring out his/her personal best.

Health Coaches are certified health and wellness professionals who have undergone specialized training and are qualified to help you meet your goals of weight loss, fitness, stress reduction, smoking cessation, improved nutrition, and overall health improvement

Three health-damaging behaviors – tobacco use, lack of physical activity and poor eating habits –are responsible for the onset of chronic illness, premature aging and early death of millions of Americans. Although chronic diseases are among the most common and costly of all health problems, they are also among the most preventable.

Health coaching is a proactive approach for those who are ready to make the necessary changes to improve their health. Understanding the impact of lifestyle choices on your health and the benefits of change are the first steps to a better, more fulfilled life. Our coaches work one-on-one with program participants to empower you to make long term healthy changes, by building your confidence and teaching you powerful skills you will use long past the end of the program.

