

Health Coaching

What do health and wellness coaches do?

Health and wellness coaches partner with clients seeking to enhance their well-being through self-directed, lasting changes, aligned with their values. In the course of their work, coaches display an unconditional positive regard for their clients and believe in their capacity for change, honoring the fact that each client is an expert on their own life, while ensuring that all interactions are respectful and non-judgmental (NBHWC definition).

Work with a health & wellness coach

1. To reach a specific health goal you'd like to achieve
2. To build stress resilience and regulate your nervous system
3. To optimize lifestyle habits for a healthy brain - learn and implement dementia prevention practices.
4. For guidance & resources to:
 - enhance sleep
 - transition to a whole food eating plan
 - learn & practice mindfulness & meditation practices
 - manage chronic health conditions
 - increase daily activity/movement
 - increase energy and stamina
5. Accountability - celebrate successes and encourage progress

Susan Skinner is a Functional Medicine Certified Health Coach and National Board Certified Health and Wellness Coach. She will work with you 1:1 or in small groups with a similar goal. If you struggle with the same health goals year-in-and-year-out, try health coaching. Let Susan walk with you, focusing on your needs, your vision, and your goals to achieve your very best health.

Let's begin

Free 20 minute "get to know each other" session to discuss your interest in coaching and see if we're a good fit. We can meet in person at Fitness by Design or via Zoom.

Coaching packages

4 pack - 1-60 minute session; 3-45 minute sessions - \$175
8-pack - 1-60 minute session; 7-45 minute sessions - \$350

For more information call Susan Skinner at (515) 664-5693.

Strength Classes | Personal Training | Yoga | Pilates | Barre

