



# NACS WELLNESS COACHING

## Employee Information Guide

### Wellness Coaching

Our certified wellness coach will provide you with personalized support to meet your wellness needs. They work with you individually or in group settings to help set goals, answer questions, and celebrate successes along the way. With the support of a wellness coach, you can be assured that you will build confidence in your personal wellbeing to help you reach the goals you wish to achieve.



**Northwest  
Allen County  
Schools**

Partner with your wellness coach to:

- Determine your own readiness for change.
- Create a wellness plan specific to your needs.
- Implement your individual wellness plan.
- Maintain the behavioral change.

### Wellness Education

Workplace Wellness presentations and lunch and learn topics can include, but are not limited to:

- Physical activity
- Nutrition
- Stress and mental well-being
- Sleep
- Weight Management
- Office ergonomics
- Blood pressure
- Heart health and cholesterol
- Other health and wellness topics

### Wellness Classes and Programs

- Fitness classes (virtual or on-site) - stretching, total body, cardio kick, yoga, Pilates, walk and run groups
- Freedom from Smoking is an eight-week program developed by the American Lung Association to help you quit smoking. This program is taught by certified facilitators. We provide the resources you need to achieve freedom from nicotine dependence and its effects on health and well-being.
- Weight Management is a 4-6 week program with hands on learning and accountability geared toward improved overall wellness. Learn how to achieve and maintain a healthy weight through simple lifestyle changes. These interactive sessions provide time to talk through barriers to success as well as brainstorm ways to put what you've learned into practical use. Everyone is different, so creating your own specific wellness strategy is key.
- Stress Management is a 4-6 week program where you learn about the types of stress, stress hormones and their effects on the body, and stress management techniques. Each class will include a meditation exercise and a method or activity for coping with stress.
- Diabetes Prevention is a 4-6 week program that provides an interactive approach to diabetes prevention. You will learn more about nutrition, physical activity, mental and emotional health, and boundaries.



### NACS Wellness Coach

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