

WELLNESS COACHING

IT'S TIME TO PUT YOURSELF FIRST

STRUGGLING TO MAINTAIN A HEALTHY LIFESTYLE?

Starting and maintaining healthy behaviors can be overwhelming. Studies have shown that having an accountability partner to provide guidance and help keep you on track is more successful than going at it alone. Your wellness coach is here to help you through your journey to better health.

WELLNESS COACH OVERVIEW

Wellness coaching is specific to your current health and wellness needs. Your wellness coach will start your coaching journey by discussing your personal wellness goals. They offer support and encouragement in your journey and celebrate your successes along the way. With the support of a wellness coach, you can be assured that you will build confidence in your personal well-being to help you reach the goals you wish to achieve.

Your wellness coach can help:

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

Your certified wellness coach can provide guidance and education on the following topics:



Physical
Activity



Nutrition



Weight
Management



Stress
Management



Healthy Sleep
Habits



Blood
Pressure



Cholesterol



Pre-Diabetes
& Diabetes

NACS WELLNESS COACH



Jeanette Roberts

jeanette.roberts@nacs.k12.in.us

COACHING ELIGIBILITY

Wellness coaching is available at no charge to all NACS employees, spouses, and dependents (18 and older) who are on the NACS health plan.



**Northwest
Allen County
Schools**

Learn more about the NACS Health & Wellness Center and other wellness offerings by scanning the QR code or by visiting NACShealthwellness.org.



PARKVIEW
EMPLOYER SOLUTIONS
WORKPLACE WELLNESS