

# Who is your Health Coach?

Your Health Coach is your ally—a health professional who will work with you and support you on your journey to well-being.

## How can your Health Coach help you?

Your Health Coach can answer questions and provide guidance on the following topics:

### **Health and wellness:**

- Nutrition and weight control
- Exercise, fitness, and conditioning
- Tobacco cessation
- Stress management
- Blood pressure, heart disease, and diabetes

### Available on-site metric testing:

- Blood pressure screening
- Body composition

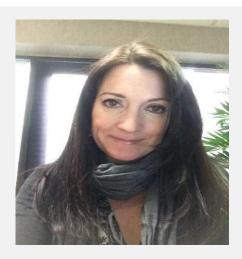
### Management of issues:

- Minor body aches orpains
- · Muscle soreness

Your Health Coach may provide additional educational health topics of interest to you.

### **Confidentiality**

Everything you discuss with your Coach is completely confidential and protected under the HIPPA law. Your Protected Health Information (PHI) will not be shared with your employer.



### Denise Devoe

#### Education

- Bachelor of Science Exercise Science
- Master of Science Counseling Psychology
- Board Certification Holistic Health Practitioner
- · Certified Wellness Coach
- Certified Clinical Hypnotherapist
- Certified Heart Math coach

### **Background**

My background includes working in the health and wellness industry helping to create positive health changes around nutrition, exercise, and stress management. I have also done peak performance seminars and mental toughness seminars for athletes. As a health and wellness coach, I have helped my clients achieve their personal fitness goals through body fat loss, muscle gain, smoking cessation, stress management, and nutrition coaching.

#### interests

I love gardening, hiking, Pilates, hot yoga class, photography, and mostly spending time with my husband, two daughters, and three German Shepherds.

### **Contact Information**

Denise.devoe@virginpulse.com

Cell: 215-880-1750