



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 or pains
- 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.



Meet

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

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