



## Who is Your Health Coach?

Your health coach is your ally, someone who will work for you, with you, beside you as you travel down the path to a healthier you.

### How can your coach help you?

Your health coach is a healthcare professional, and will gladly answer any question or provide help and advice on the following:

- 1) Any health and wellness topic, including:
  - Nutrition and weight control
  - Exercise, fitness, and conditioning
  - Tobacco cessation
  - Stress management
  - Blood pressure, heart disease, and diabetes
- 2) On-site metric testing available:
  - Blood pressure screening
  - Body composition
- 3) Managing minor body aches and pains or muscle soreness

Your health coach may occasionally provide different health educational topics that may interest you.

### Everything is 100% confidential!

Everything you discuss with your coach will be 100% confidential. You are protected under the HIPAA law of protected healthcare information.



### Meet Leanna Wyatt

#### EDUCATION:

- B.S. in Health, Physical Education, and Exercise Science from Virginia Commonwealth University
- Certified Health Education Specialist

#### PREVIOUS BACKGROUND:

I have worked as a health coach in cardiology, diabetes, and employee wellness. I love forming relationships with the people I coach, and talking about nutrition and its effects on the body. My goal is to work with people to achieve a healthier lifestyle in a way that's realistic for them!

#### HOBBIES AND INTERESTS:

I love going to barre class, trying new restaurants, reading, being active outside, and cooking.

#### CONTACT INFORMATION:

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