

## A NEW SERVICE AT OPTIMUM WELLNESS CENTRES HEALTH COACHING



We are all familiar with the statistics. Chronic conditions like obesity, hypertension, and diabetes are present in our population at unacceptably high and costly levels. More than 5.8 million Canadian adults are obese, and more than 1 in 20 is extremely obese. <http://www.statcan.gc.ca/pub/82-625-x/2015001/article/14185-eng.htm>

About 5.8million Canadian adults have hypertension with only 52 percent having the condition under control. Just over 5.7 million have prediabetes. <http://www.diabetes.ca/how-you-can-help/advocate/why-federal-leadership-is-essential/diabetes-statistics-in-canada>

The medical costs of these conditions are staggering. This does not take into account the additional costs of lost productivity, hypertension, and diabetes.

[https://www.inspq.qc.ca/pdf/publications/1799\\_Topo\\_9\\_VA.pdf](https://www.inspq.qc.ca/pdf/publications/1799_Topo_9_VA.pdf)

One of the successful yet vastly underutilized remedies for all of these conditions is behavior change in the form of dietary and/or activity modifications. The reason behind the lack of success with lifestyle interventions is simple – **behavior change is hard**. There is however a tool that makes behavior change easier – health coaching.

As a new service offered at Optimum Wellness Centres, you can now work with a health coach to improve your health outcomes and have a team supporting you to stay on track.

### What Does a Health Coaching Session Look Like?

We know behavior change takes time and a health coach session is structured to be help you overcome blocks to your success. Most sessions are 45 minutes in length and it is recommended that the patient attends once a week for 5 to 7 sessions.

Health coaching is also covered under many 3<sup>rd</sup> party insurance programs. Just talk to us and we will help you explore opportunities.

## **TRY OUR SERVICES:**



### **TAKE THE 21 DAY CLEANSE**

It is through ideal protein and you take supplements that target your kidney, liver and GI tract and you eat your own food. You also get two coaching sessions included.

### **PERSONAL DISCOVERY SESSION**

A 40 minute session designed to discover what is holding you back from achieving your weight loss goals- then a program is set out from there for you to follow.

### **NUTRITIONAL COUNSELLING SESSION**

Access nutrition coaching to get and stay healthy. Understanding your behaviours and the “how to” behind behaviour change. Based on your needs, sessions can focus on: understanding your metabolic type and wise health choices for you, grocery store tours, recipes, understanding hydration, learn how to read food labels, understand the connection between nutrition, sleep and weight loss, and so much more. Sessions are personalized to serve your unique health needs.

### **DEADLINE FOR WEIGHT LOSS GRANT (\$1800.00) April 18<sup>th</sup>**

There is a weight loss grant available (up to \$1800.00). If interested contact Christine immediately as the deadline to apply is April 18<sup>th</sup>, 2017.

Book a session for you. Inquire into info on healthy living for your workplace. Just do it!

**For more information or to book a complimentary health coaching consult contact:**

**Christine Berry, Health Coach**

**Optimum Wellness Centres**

**RN,RHC,AADP**

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