

## PERSONAL COACHING

# TRANSFORM YOUR LIFE FROM WITHIN

Whether you need to lose weight or you just want to feel better, we're here to guide you to gain control, have more energy, and live life to the fullest.

### **WHAT IS IT?**

Support, accountability, and guidance to pinpoint where you are and get you on a path to where you want to be.

### **WHO IS IT FOR?**

Those who want to feel better-whether they are trying to lose weight, prevent disease, or have more energy.

### **GET STARTED!**

It's super easy. Go to [WWW.NUSTARTHEALTH.COM/GET-STARTED](http://WWW.NUSTARTHEALTH.COM/GET-STARTED) or call us at 260.563.0700.

### **WHAT CAN YOU EXPECT?**

Weekly coaching sessions where you will set goals, learn life skills, and develop lifestyle strategies that can positively impact your health, energy level, and the way that you feel.

NuStart coaches provide personalized support, accountability, and direction.



### **DO YOU WANT TO...**

Feel better, lose weight, eat better, reduce stress, prevent diabetes, get fit and sleep better? We can help!



**Don't just take our word for it...  
hear from actual participants.**



"This program has been very different from other programs I have tried. I learned that setbacks are okay - it is part of the process. I can pick myself up and start again as I need. I also learned that I don't need to be perfect. I can make small steps and be successful."

- Gail Haberstroh, Teacher, Harrison High School



**NuStart's healthy living program  
can help you make lifestyle changes**

## SO WHAT'S MY INVESTMENT?

A lack of life balance and strategy may cost you a great deal. Now is your time to live healthier and happier.

# APPLY TODAY

## Limited Availability

(FREE for eligible employees and dependents)



"We all have the power to change and even small changes can make a big difference. At NuStart we encourage, guide, and teach folks how to develop new, self-empowering habits."

**Dr. Jamie Lindsay, D.O.**  
President, Co-Founder



### PERSONAL COACHING

One-on-one coaching to help you lose weight, eat healthier, be more physically active, and manage stress.



### NUSTART HEALTH APP

Connect with NuStart coaches, participate in group chats, access exclusive curriculum, track your food and activity and connect to your activity tracker.



# GET STARTED

[NUSTARHEALTH.COM/GET-STARTED](http://NUSTARHEALTH.COM/GET-STARTED)  
877.563.0700 | [INFO@NUSTARHEALTH.COM](mailto:INFO@NUSTARHEALTH.COM)