



# Top 10 reasons to work with a wellness coach

## They can help you:

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- 1 Define, set and achieve your wellness goals
- 2 Stay accountable with expert guidance and support
- 3 Improve your nutrition
- 4 Increase your physical activity in ways that work for you
- 5 Maintain a healthy weight
- 6 Improve your sleep habits
- 7 Manage your stress
- 8 Improve your work/life balance and life satisfaction
- 9 Quit or cut back on your tobacco use
- 10 Improve your overall wellbeing

All coaching sessions are completely confidential and can take place in person or virtually by video or phone.