Integrative Wellness Health Coaching

Maintaining wellness and preventing disease are worthy goals but they are not always easy to achieve by yourself. Integrative Wellness Health Coaching uses a whole person approach to educate and support you as you work to change your health habits. The goal is to enhance your health, wellness, and wellbeing through self-directed, lasting change. Our health coaches can help you:

- Improve eating habits
- Facilitate behavior change
- Reduce stress
- Increase physical activity
- Improve fitness
- Promote holistic wellness

Our health coaches are certified by the American Council on Exercise (ACE) and are registered as Dietitian Nutritionists by the Academy of Nutrition and Dietetics. Working with them is a powerful partnership that can:

- Help you find meaning in decisions and actions
- Connect your intent with positive outcomes
- Help you develop self-efficacy
- Guide you through barriers
- Widen your comfort zones
- Maintain your focus on whole person change
- Provide you with the resources for making healthy behavior changes

We offer an initial 20-minute complimentary phone session to identify your coaching needs, answer your questions about our services, and provide you with an overview of our coaching packages and fees.

For more information or to schedule a complimentary phone session please call 1-628-336-7110 or email Pamela Riggs, MS, RDN, CSOWM at pamela.riggs@mymarinhealth.org.