



Is Wellness Coaching Right for You?

Well Right Blog

So many of us let our health goals fall by the wayside in 2020, and for understandable reasons. The pandemic has disrupted life in so many ways that it has been difficult to focus on making healthy choices. Plus, gyms and fitness classes were off-limits for most of 2020 and into 2021.

When it comes to wellness in 2021, Americans are anxious to make up for lost time.

One way in which they're doing this is by turning to wellness coaching.

What Is Wellness Coaching?

Wellness coaching is a service that connects participants with qualified coaches who help their clients find the motivation and tools to achieve their wellness goals.

A wellness coach's job involves guiding a client through the process of:

- Identifying wellness needs and goals
- Exploring personal motivations
- Spotting potential obstacles and challenges
- Discovering capabilities and resources

Wellness coaches help clients formulate clear and attainable plans to reach their goals. Coaches check in regularly to provide ongoing education and accountability.

Wellness Coaching Isn't Just About Fitness

When we think of a "coach," we tend to imagine a person with a whistle and clipboard barking orders while we sweat through intense fitness drills. But a wellness coach is much more supportive and compassionate than that outdated caricature, and their coaching goes well beyond physical fitness.

Today's wellness experts understand that wellness is holistic. Emotions, stress, work issues, relationship problems, and financial challenges can all derail our efforts to live our best lives. For example, financial worries can drive someone to compensate with unhealthy food, making it harder to lose weight.

A good wellness coach helps their clients identify and address whatever may be holding them back. If there's one thing we all learned during the pandemic, it's that feeling alone and isolated can amplify almost any challenge. This is especially true for wellness.

It's nearly impossible to make the right choices backed by willpower alone. Support and accountability provided by another person can make all the difference. Let your coach help you get back on track with your wellness goals – starting today!

Coaching is available to MIIA members at no extra charge. All of the MIIA coaches are certified health coaches and also hold other credentials, such as Registered Nurse, Registered Dietitian, etc. Members can receive 10 coaching visits per year and they are done over the phone. To learn more and/or connect with a coach, click [HERE](#).

Adapted from the Well Right Blog.