Wellness

About us.
• Nurses
• Certification: Wellcoaches endorsed by the American College of Sports Medicine
• Mission:
  • Help people rise above barriers by making lasting change…
Wellness is more than a catch-phrase or flavor of the month.

Spirit
Body
Mind

Obesity

65% of American adults are overweight.

Half of those are considered obese.

(Crawford, 2009)

Chronic Diseases

Percent of chronic diseases caused by unhealthy lifestyle choices.

(CDC, 2012)
Wellness coaching empowers individuals to:

• Take charge of their health and wellbeing
• Support healthy behaviors
• Create an environment of personal accountability

Lifestyle Behavior Choices

- Eating better
- Moving more
- Stressing less
- Better sleep
- Quit smoking
- Healthy relationships

Change the way you think...
Imagine your best self...

Motivation

Strengths
Steps to Best Self

Strategies

With every lifestyle change the key ingredients include:

- a motivator
- an obstacle, and
- a strategy to overcome that obstacle.
How Coaching Works

Whoever said you can’t... You’re right! - Henry Ford

We discuss:
- eating habits
- incorporating better sleep habits
- stress management
- increasing activity levels
- improving flexibility
- increasing movement through physical therapy
- management of chronic illnesses

Other resources include meditation & gratitude journaling.
Multidisciplinary Team

- PCP/ RN
- Dietitian
- Physical Therapy
- Exercise Physiology
- Sleep Specialist
- Stress management

Meet Jeff

Meet Connie
Meet Jeanette

Meet Alice

Meet Marlene
Outcomes

Decrease in overall sense of fatigue levels: 68%
Increase in energy: 53%
Increase in activity: 61%
Increase in overall sense of well-being: 25%
Decrease in sleeplessness: 55%
Improved eating habits (portion control, more fruits, vegetables and calorie range): 74%

Approximately 70% of participants are now exercising regularly

Approximately 60% of participants have increased fruit and vegetable consumption

Conclusion

“The groundwork for all happiness is health.”

- Leigh Hunt
References


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