

WHAT IS A HEALTH COACH?

IT'S THE **DIFFERENCE** BETWEEN
FALLING OFF THE WAGON
- AGAIN- AND FINALLY GETTING THE

**RESULTS
YOU WANT**

THE **DIFFERENCE** BETWEEN
FEELING ALONE AND FEELING
supported

The **best gift** you could
ever give your body,
mind & soul

SOMEONE WHO
STRETCHES
YOU TO ACHIEVE GOALS
YOU NEVER DREAMED
WERE POSSIBLE

The difference
between knowing
something & **doing it**

The difference between
I want to do it &
I DID IT

Part cheerleader,
part **tough love** coach

A MASTER OF
**HABIT
CHANGE**
AND A STUDENT OF LIFE

HOLDS YOUR HAND
THROUGH HEALING
**WITHOUT MAKING YOU
FEEL SMALL**

HELPS YOU FIND
WHAT'S RIGHT FOR YOUR
UNIQUE BODY

Helps you
feed
the opportunities &
starve
the problems

*Slows you down
to the speed of life*

Solves your
problems
by loosening
their **grip**

Is *willing* to say to you what
most people won't

CAUSES YOU TO SEE
LIFE
THROUGH FRESH EYES

Supports you to have
the body you want and
the **healthy lifestyle**
that supports it.

MAKES IT EASY TO
FOLLOW-THROUGH
WITH WHAT YOU ALREADY
KNOW YOU SHOULD BE DOING

Helps you **build** healthy
habits that align with how
you want to feel every day

REVOLUTIONARY
LEADER
WHO GROWS AND PROCREATES
WELL-BEING

..... A HEALTH COACH IS
THE BEST INVESTMENT YOU COULD MAKE IN YOURSELF... AND IT LASTS A LIFETIME.

[continue reading...]

I get asked often what I do as a health coach.

In fact, it's the first credential I list after my name: IIN Health Coach. (IIN = Institute for Integrative Nutrition).

Being a health coach goes beyond the parameters of programming workouts or talking about protein.

It is the "big picture" work to which I am most fundamentally called. It's embracing the idea that health and wellness are an integration of all facets of life that nourish and fuel us.

Being a health coach means I value the coach-client relationship long-term. Just like I don't endorse or offer quick-fix solutions, neither do I operate on a "quick, high volume client grab" model - the 1:1, ebb and flow through the real moments of life type of professional relationship is my priority.

Anyone who's been at the studio knows it's just that! A small space. Not a gym, not a place to feel overwhelmed or judged. Not a place where you have to "look the part" to show up.

So, while I of course LOVE the specifics of what I teach (Barre or Pilates, strength training, meal prep, running, healthy snacking, etc.)... what I prioritize is the client and their bio-individual goals.

Being a WELL person is more than fitness and nutrition. It's community, belonging, confidence, grace, balance, imperfection, rest. It's knowing that eating all the kale in the world or working out 24/7 don't make you healthy if you don't sleep well or have chronic stress.

It's the Whole Plate of those things that make us well.

Strong is the long game. Nourished is the long game.

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