

BACKGROUND

Healthy Lifestyle Coaching is defined as helping participants gain the knowledge, skills and confidence to reach self-identified health goals. Coaches partner with you to set individualized goals to improve overall wellbeing and chronic disease status. A health coach bridges the gap between you and your provider; working alongside you to promote and support behavior change. The objective of the Healthy Lifestyle Coaching Program is to provide you with the resources you need to start your journey to good health.



Christiana
Care™



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www.cchshealthcoach.as.me



**HEALTHY LIFESTYLE
COACHING**
PROGRAM



Kurt values building trust and communication with clients to promote a collaborative relationship geared toward improvement of health and overall wellbeing. Kurt believes in meeting clients exactly where they are in their journey taking into account individual needs and circumstances. He recognizes that most are simply trying to live life to the best of their ability and that health, exercise and overall wellness can often take a back seat to the stress and pressures of daily life. Over the last 10 years, Kurt has worked in a variety of settings including physical therapy, sports performance training, personal training and corporate wellness. This experience has equipped him to work with a wide variety of clients with varying needs and goals. Kurt received his B.S. in Health Behavior Science and also holds a Personal Training certification from National Academy of Sports Medicine and a U.S.A. Weightlifting Performance Coach certification.

PROGRAM DETAILS

The Healthy Lifestyle Coaching Program is a **FREE** resource for all ChristianaCare caregivers and their dependents looking to enhance their overall well-being. Weekly sessions are offered face-to-face or telephonically. The coaching program is designed to meet the needs of the participant, therefore program duration varies from person to person.

WHO CAN BENEFIT:

Caregivers and dependents who:

- Are interested in exercise prescription programs and fitness education
- Are trying to improve their eating habits and nutritional education
- Struggle with chronic diseases including diabetes, obesity and hypertension
- Want to manage their stress levels, sleep patterns and busy schedules

Jack prioritizes positive relationship building and communication when discussing an individual's health and wellness goals. He understands how stressful change can be, so he creates a welcoming environment for change. Jack believes this approach creates a healthy client-coach relationship, resulting in effective action plans that will lead to successful and comfortable behavior changes. His unique coaching style has made him a popular coach for clients of all ages and experience levels interested in personal training, sport specific exercise, and nutritional coaching. Jack received his B.S. in Exercise Science and Health Promotion and currently holds the Mike Boyle Certified Functional Strength Coach certification and the Precision Nutrition certification.



JACK CLENDENNY