

What is Health Coaching?

I'm Kisti. I have been a healthy deviant within my family and group of friends for a while! I've used a holistic approach that incorporates lifestyle and nutrition to change my own life. I've overcome intense anxiety, allergies, and asthma by discovering what works for me. After making and sustaining these changes, I decided to reroute my career to help others down their own path. That brought me to health coaching.

I received my training from the Institute for Integrative Nutrition, where I was inspired by studying a variety of dietary theories and practical lifestyle coaching methods. As a Health Coach, I work with a holistic nurse practitioner who leads group programs aimed at helping people detoxify their bodies and permanently resolve the symptoms that are holding them back.

Health Coaches guide their clients through making changes to their environment and behaviors. Most of us know what we *should* do to feel better, but these changes are difficult to make and harder to sustain. As a Health Coach, I use evidence-based techniques to mentor adjustments and encourage new practices. When we work together, we'll co-create completely personalized actions based on your goals!

There is no one-size-for-all approach because you're You and you're different than everyone I've worked with. Let's move you toward your ideal vision of health within your unique body, lifestyle, preferences, and resources.

Book a free discovery call and we will start today.

