

# What to Expect from Health Coaching

Do you have wellness goals to have a healthier diet, lose weight, reduce stress, finding the right exercise for you in this season, better quality of sleep, and feeling your best?

We recognize that health is a journey, it takes mindset shifts as well as lifestyle changes. Having a mentor alongside you is the best way to succeed. A health coach is just that mentor you are needing.

The results you want to see take place through small lifestyle shifts and goals that move you further on your journey towards your best. This is a good fit if you are motivated and committed to your personal health.



# Meet your Health Coach



Aimee Roof is a Certified Health and Wellness Coach through the Institute for Integrative Nutrition and a Bachelor's in Health Science. She's from Seattle, loves travel, especially foods from other cultures, cooking and has called Redding home since 2018. Empowering health and wellness coaching clients since 2016.

"My approach is not a one-size-fits-all to health and wellness, but I work with clients to help them discover how to fuel their bodies, live a healthy lifestyle, and become their healthiest, happiest version of themselves."

## ONE-ON-ONE SESSIONS

(1 SESSION)

Gain clarity on your wellness goals. Create momentum and an individualized next step for your journey. Explore how health coaching works.

(6 SESSIONS)

Get individualized support and encouragement to create a program just for you and your life wellness vision. Address barriers and find your best, healthiest version of you.

## GROUP PROGRAM

(6 SESSIONS)

Meet in a positive, confidential group environment with accountability, feedback and input on understanding your body and it's needs:

- Healthy Food Choices
- Detox Lifestyle
- Gut Health
- Morning Routines
- Healthy Mindsets
- Home Cooking
- Holistic Wellness

# Rates

## ONE-ON-ONE SESSIONS

### FACILITY MEMBERS

30 MINUTES

\_\_\_ \$40 1x     \_\_\_ \$200 6x

60 MINUTES

\_\_\_ \$55 1x     \_\_\_ \$300 6x

### COMMUNITY MEMBERS

30 MINUTES

\_\_\_ \$55 1x     \_\_\_ \$300 6x

60 MINUTES

\_\_\_ \$75 1x     \_\_\_ \$400 6x

## GROUP SESSIONS

(3-8 people per group)

Create your own group or join our quarterly sessions.

6 SESSIONS 1 HR

### FACILITY MEMBERS

\_\_\_ 6 Sessions for \$150/ person

### COMMUNITY MEMBERS

\_\_\_ 6 Sessions for \$200/ person

Note: This program is not meant for those with acute diagnosed medical issues, i.e. diabetes, cancer, heart disease, etc. unless you have a referral or recommendation by your doctor. If that's you, I partner with medical professionals and help clients find lifestyle and diet shifts to support their practitioner's recommendations.



## HEALTHIER TOGETHER

Health Coaching  
at the Y



Registration Form is available on our website or at the Member Services desk.