

# Health Coaching



## What is a Health Coach?

A health coach is an educated guide in the field of nutrition, wellness, bio-individuality and mentoring. Our health coaches will empower you with strategies to bridge the gap between the healthy living recommendations from your health care provider and to implement those recommendations into your complex life.

## Meet Our Coaches



### Karen Wick

#### Integrative Nutrition Health Coach

Karen started her personal training business in 1997. She loves to help people get back on the road to good health. She wants to spread her passion for health and fitness and bring out the “awesome athlete” in people of all ages and backgrounds. She was a professional cyclist for 10 years and is a true believer in continual improvement and discourages postponed perfection.

📞 (630) 646-7921

✉ [karen.wick@endeavorhealth.org](mailto:karen.wick@endeavorhealth.org)



### Kyle Heindl

#### Precision Nutrition Health Coach

Kyle is motivated to help people reach their goals through a holistic approach. He believes that everyone’s fitness journey is entirely personal. He strives to create a plan that is both manageable and enjoyable. He is driven to create solutions to barriers with his encouraging coaching style while leading clients towards their progress.

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### Tim Murphy

#### National Board Certified Health and Wellness Coach

Tim has been involved with Health, Wellness and Fitness for many years. He is also a Functional Health Coach, supporting people to discover their own strengths and motivations, overcoming obstacles and implementing protocols that have either been prescribed by their doctor, nutritionist/dietician, or that they have chosen to do on their own.

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### Mary Bielawski

#### Precision Nutrition Health Coach

Mary first received her bachelor’s degree in nutrition and dietetics from NIU then went on to become a certified personal trainer. She’s passionate about the preventative side of nutrition and health and loves to witness her clients learning the right tools and knowledge to take their health into their own hands.

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# Benefits of Health Coaching

- Ability to read food labels correctly.
- Ability to plan appropriate healthy meals.
- Increased flexibility and energy levels.
- Increased feelings of overall well-being.
- Reported more restful sleep patterns.
- An appropriate level of fitness activity.



## Our Health Coaches Will

- Be your supportive mentor and wellness authority.
- Give you direction, guidance, and advice in the areas of fitness, exercise, weight loss, and nutrition.
- Give you a daily health plan.
- Hold you accountable by meeting with you once a week.
- Provide access to personal blogs, newsletters, and emails
- Keep you motivated and informed with up-to date health news.
- Monitor your progress through your lifestyle journey.

## Program Details

### PACKAGE A **\$114**

- ▶ 75 min. Consultation

### PACKAGE B **\$453**

- ▶ Health coaching for five weeks
- ▶ Five 60-minute consultations one day per week for 5 weeks\*

### PACKAGE C **\$814**

- ▶ Health coaching for ten weeks
- ▶ Ten 60-minute consultations one day per week for 10 weeks\*

### PACKAGE D **\$1,595**

- ▶ Health coaching for twenty weeks
- ▶ Twenty 60-minute consultations one day per week for 20 weeks\*

Your health coach is available at any time to answer any questions during this program.

\*Consultations may include kitchen pantry makeover or supermarket tour

\*Health Coaching fees may be reimbursed through your health saving account. Check with your individual insurance provider.

