



# Health And Wellness

## Coaching Programs Overview

Health and wellness shouldn't be complicated. Health coaching sessions keep it simple by providing an extra boost of nonjudgmental and confidential encouragement as you work towards balancing your physical, mental, emotional, and financial well-being.

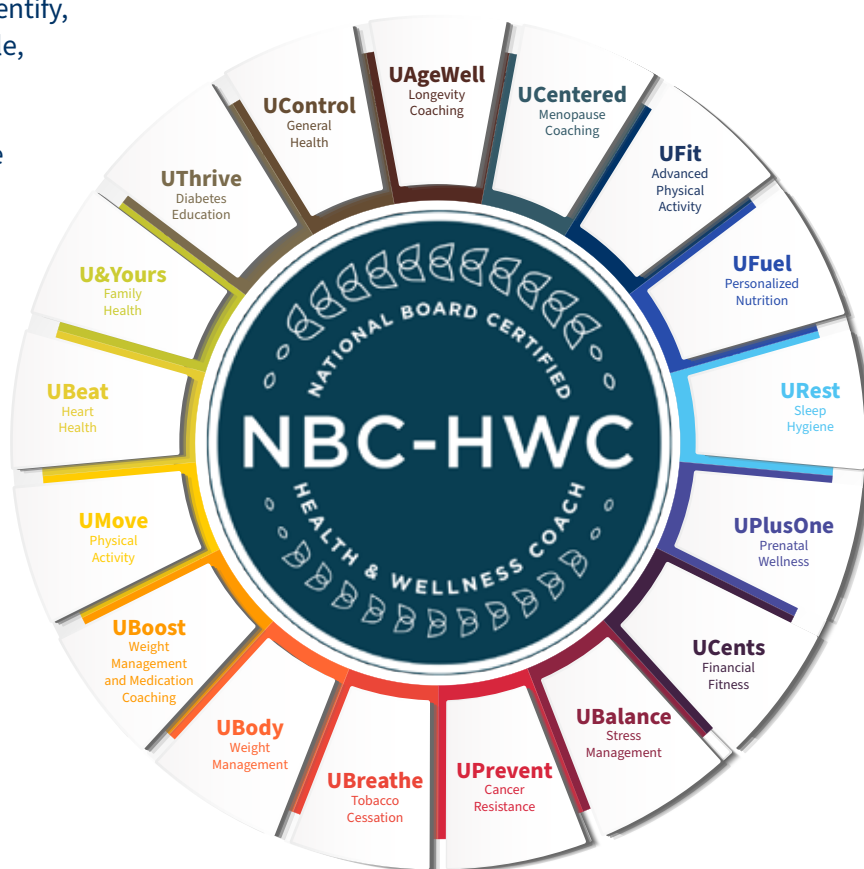
Coaches develop individualized plans to help identify, meet, and exceed wellness goals at a comfortable, customized level.

Members will gain an understanding of positive self-talk, learn how to draw from personal challenges and successes, and identify what works best for them starting with an Initial Health Assessment that facilitates continued progress and improved health.

Whether you're seeking to improve your nutrition, manage stress, enhance fitness, or achieve holistic balance, health coaches tailor programs just for you providing a foundation for impactful and long-term behavioral changes.

With advanced educations, our national board-certified coaches follow an evidence-based

approach by employing positive psychology, SMART goal setting, and other behavioral approaches to cultivate members' self-confidence and self-efficacy. Coaches connect with members via email, phone, and video in English or Spanish.



# The Coaching Programs Include:

## **UFuel**

Through the UFuel coaching program, participants will build a healthy plate at home and away, strategically meal plan, learn about what nutrients to maximize and minimize, select healthy food choices to aid in workout recovery, and learn about nutrition tips to help manage health conditions.

## **UMove**

Through the UMove coaching program, participants will discover the benefits of being active through a personal fitness program, incorporate activity into the workday, learn the difference between low impact and high impact exercises, and prevent injury and maximize physical activity through stretching.

## **UFit**

Through the UFit coaching program, participants will commit to an exercise routine, maximize physical activity alongside nutrition, learn about the benefits of taking 'off days,' learn how to move past an exercise plateau, and identify what may impact performance.

## **UBalance**

Through the UBalance coaching programs, participants will learn about the physical and emotional impact of chronic stress, identify and manage triggers, engage in exercise and self-care, and practice mindfulness and deep breathing to calm the mind.

## **UBody**

Through the UBody coaching program, participants will learn about the benefits of a healthy weight, evaluate current health risks, identify dietary habits and their relationship to food, engage in low-impact exercises, and set and meet manageable goals.

## **UBoost**

Through the UBoost coaching program, the existing UBody weight management coaching is enhanced with tailored adjustments for individuals using GLP-1 weight loss medications.

## **UBreathe**

Through the UBreathe coaching program, participants will learn the benefits of quitting smoking, set a 'quit date' and create a manageable 'quit plan,' establish a stress management plan, plan for and understand triggers, cravings, and withdrawal symptoms, and receive ongoing support.

## **UThrive**

Through the UThrive coaching program, participants will understand diabetes, gain practical tips to avoid risks of complications, receive physical activity suggestions and dietary recommendations for home and away, and manage medications and blood sugar levels.

## **UPlusOne**

Through the UPlusOne coaching program, participants will learn the importance of prenatal screenings, gain nutritional tips for mom and baby, receive ongoing support for the expecting parent, maintain a regular exercise routine, navigate physical and emotional changes, and learn what to expect after childbirth.

## **UBeat**

Through the UBeat coaching program, participants will understand their systolic/ diastolic numbers, receive dietary recommendations for preventing or managing hypertension and diabetes, follow the DASH (Dietary Approaches to Stop Hypertension) diet, focus on healthy eating habits, increase physical fitness, and learn stress management techniques.

**For more information call us at 800.882.2109  
or email [coaching@marqueehealth.com](mailto:coaching@marqueehealth.com).**

# The Coaching Programs Include:

## **URest**

Through the URest coaching program, participants will learn about the physical and emotional impact of chronic sleep loss, acquire skills to improve both the quantity and quality of sleep, create an optimal sleep schedule and bedtime routine, determine what foods to avoid prior to bedtime, and practice mindfulness to calm the mind.

## **UCents**

Through the UCents coaching program, participants will develop skills for effective budgeting, learn debt reduction tips, set short-term and long-term financial goals, and strategize future financial planning.

## **U&Yours**

Through the U&Yours coaching program, you will gain valuable insight into creating lasting wellness routines for all types of families. Become empowered to celebrate the uniqueness of family and expand what is possible by modeling healthy behaviors through personalized support, practical tools, and science-backed strategies.

## **UPrevent**

Through the UPrevent coaching program, participants will reduce the risk of different cancers through lifestyle changes, receive exercise recommendations and nutrition tips, and learn about recommended screenings for risk reduction and early detection.

## **UControl**

Through the UControl coaching program, participants will discuss age and gender appropriate preventive exams, learn how to implement healthy lifestyle changes, understand personal health risks, consider daily exercise, and make necessary dietary changes.

## **UCentered**

Through the UCentered coaching program, participants experiencing perimenopause or menopause will explore lifestyle adjustments to maintain physical health and enhance emotional resilience, learn effective stress-reduction techniques, and feel empowered to embrace these inevitable changes with a sense of control.

## **UAgeWell**

Through the UAgeWell coaching program, participants will learn to embrace growth, vitality and a fulfilling life. Certified health coaches work alongside individuals to actively engage and nurture physical, mental, and emotional well-being. Participants will be encouraged to pursue activities that bring joy and purpose such as learning, forming meaningful connections, and prioritizing health.



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