

Welcome to Health Coaching



Who We Are & What We Do

We are the Cleveland Clinic Health Coaching team, a group of coaches who connect with thousands of Healthy Choice members. We collaborate with individuals to create life-long behavior change through message-based conversations. Our goal is to help people discover their strengths, create awareness and explore resources.

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How to be Successful in your Program

Coaching is a **partnership**; the more you engage in conversation with your health coach, the more tailored the discussions become. Change may be challenging, but with the right mindset, you can pave the way for success.

Successful Members Are:

- ✓ Willing to change and open to challenges
- ✓ Authentic and honest
- ✓ Committed to their best self
- ✓ Communicating regularly
- ✓ Focused on long lasting changes versus quick fixes

Your Health and Wellness Vision Statement

Your desire for better wellness is a great start. To drive this change, let's create a Health and Wellness Vision Statement for clarity and inspiration. This will also ensure accountability, helping you track progress and celebrate victories.



3 Steps to Writing a Health and Wellness Vision Statement

- 1. Reflect:** Visualize your healthiest self, noting routines, habits and feelings.
- 2. Write:** Describe your vision using realistic, affirmative and empowering words.
- 3. Display & Revise:** Post your vision as a daily reminder. Review and adjust it as needed to keep it inspiring.

Examples of a Health and Wellness Vision Statement

- ✓ I am energized by my 15-minute daily exercise routine and enjoy nourishing dinners that fuel me.
- ✓ I am practicing 10 minutes of daily meditation and am adapting better to stressors. I remain calmer at work in stressful situations.
- ✓ I am going up and down stairs with ease and have more energy to play with my toddler after work.
- ✓ I am feeling better nicotine-free. I am paying for a vacation this year with the money I saved being nicotine-free.

Write your Health and Wellness Vision Statement:

I am. . .



Our health coaching approach is rooted in understanding the **Core Four** — key factors that influence health: **sleep, stress, fitness and nutrition.**

Each of these areas impacts the others. For example, chronic stress can affect your eating habits, physical activity, and sleep quality, leading to issues such as low energy, weight fluctuation, chronic diseases and more.

In this program, we'll assess where you are currently in each of the Core Four areas and guide you in taking manageable steps toward improved overall wellness. Our hope is that we can show you how to begin changing your lifestyle one simple goal at a time.

Sleep to Thrive



Think of sleep the same way you think of recharging a cell phone. Without a full charge, it is not going last very long. The same is true for our bodies. Aim for 7–9 hours each night!



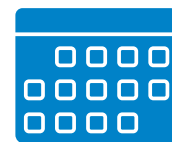
Write down your thoughts:

Use a journal to empty your mind of stress before bed.



Use white noise:

A fan or a white noise machine can help you fall asleep faster.



Stick to a routine:

Consistent relaxing activities can prepare your body for sleep.



Be consistent with your sleep schedule:

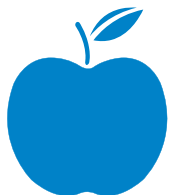
Try to sleep and wake up at the same time every day to regulate your internal clock.

6 Ways to Get Better Sleep



Dedicate your bedroom to sleep:

Remove all electronic devices to avoid distractions.



Finish eating 2 hours before bed:

This allows your body to digest food and prepare for rest.

Stress Less



The **ABCs** of becoming more mindful and less stressed

A Bring **Awareness** to how you react to the stress in your day.

B **Balance** your day and omit unnecessary tasks.

C Create **Connections** that give purpose and add value to your day.



5 techniques to lower stress

- Deep breathing.
- Listen to a guided imagery exercise.
- Get some fresh air.
- Focus on one thing at a time.
- Set a daily intention.

MINDLESS

- Listening to a friend talk while thinking of other tasks.
- Multi-tasking.
- Eating while driving or working.



MINDFUL

- Engaging all five senses while eating or walking.
- Laughing with a friend.
- Taking in a beautiful landscape.

Focus on Fitness



Dedicate at least 30 minutes daily to elevate your heart rate. Not only will it boost your fitness, it's also a natural mood enhancer!

Aim to increase daily **NEAT** (Non-Exercise Activity Thermogenesis). This is the non-exercise movement you get throughout the day by running errands, taking a walk with a co-worker, cleaning your home or doing laundry. Add more of these activities to boost steps and keep your heart healthy!

Ways to Increase Your Daily Step Count

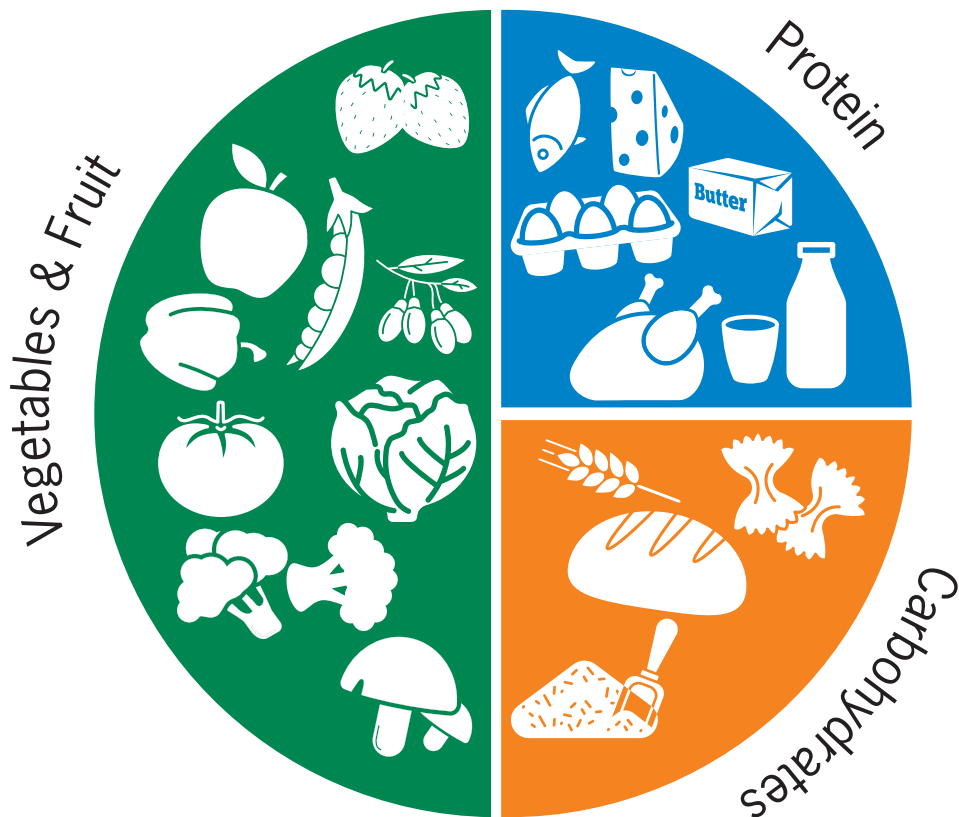
- Pace while you're on the phone.
- Dance to your favorite music.
- Clean your home.
- Play tag with your kids.
- Garden or mow the lawn.
- March in place while watching TV.
- Park farther away in the parking lot.
- Take the stairs over the elevator.



Nutrition



A healthy meal has three basic components — protein, carbohydrates, and vegetables/fruits.



Protein: Include a source of protein with every meal and/or snack. One quarter of your plate is for protein. Chicken, turkey, fish, beans, legumes, nuts, eggs, low-fat dairy.

Vegetables & Fruit: Should be the main components of your meal. Choose non-starchy vegetables such as greens, broccoli, carrots, cauliflower, green beans, peppers and mushrooms.

Fiber-rich Carbohydrates: Limit slow-digesting carbohydrates to one quarter of your plate. Opt for healthy options such as brown rice, whole wheat products, boiled or baked potatoes, quinoa, peas, corn and barley.

Fats: Enhance the flavor of your meals with nutritious fats like olive oil, avocados, nuts and seeds.

GOAL IDENTIFICATION

Take time to reflect on each of these categories. You can write a goal for each one or make 1–3 that feel most important to you right now.

MY GOALS	
Friends+ Family	
Work/school	
Body	
Emotional Well-being	
Spirituality	
Other	

SMART GOALS

The SMART goal structure can be helpful in making effective goals that are personal to you. Answer the questions below to create some beginning goals.

S	Specific What do I want to accomplish?	
M	Measurable How will I know when it is accomplished?	
A	Achievable How can the goal be accomplished?	
R	Relevant Does this seem worthwhile?	
T	Time Bound When can I accomplish this goal?	

Preparing for Hurdles

Life is full of ups and downs, and the journey to health and wellness is no exception. Preparing for hurdles or setbacks is a crucial part of your journey. It helps you to stay focused, resilient and motivated, while also enhancing your problem-solving skills and promoting long-term success.

YOUR GOALS

The changes I want to make are:

The reasons I want to make these changes are:

IDENTIFY POTENTIAL HURDLES

Signs that my attempts to change are ineffective: _____

What situations could trigger my old habits?

What do I need to best manage these situations? _____

LEAN ON YOUR SUPPORTS

Things I can do on my own: _____

People in my life I can turn to: _____

Resources I can refer to: _____

Weekly Habit Tracker

My EHP Health Choice Goal(s):

HABIT	SUN	MON	TUE	WED	THU	FRI	SAT
Ex. walk at lunchtime	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Notes/Journal

