

# Wellness Coaching

Sometimes, you might need an extra push. Sometimes, you have questions. Sometimes, you don't know where to start. Let our dedicated Wellness Coach help. Laurie Lapsevich, BS, ACSM, CES, National Board Certified Health and Wellness Coach, has more than 20 years experience in the health and wellness field. She's here to help you achieve your goals and stay there.

## How can a Wellness Coach help?

Wellness is for everybody and looks different on every body. More than that, wellness is multi-dimensional. A Wellness Coach is your own personal advocate and will meet you where you are to help you get to where you want to be.

### A Wellness Coach can offer you:

- Guidance on health goals
- Individual wellness strategy (wellness vision, weekly, and 3 month goals)
- Personalized preventive care plan
- Custom fitness plans
- Stress management planning
- Accountability coaching
- Education on various health topics
- Various fitness and bodily assessments
  - Blood pressure
  - BMI testing/Body fat testing
  - Flexibility testing
  - Functional movement testing
  - Muscular endurance

## Get in touch!

Schedule a Wellness Coaching session today! Schedule an in-person or virtual meeting on the Southwest General Wellness Portal. You can also send a message to your Wellness Coach via the messenger app on the SWG Wellness Portal. You'll also earn wellness points for engaging with our coach!

*In-person sessions are available at Coach Laurie's office at the Strongsville Recreation Center. If a date and time that works for you is n't available, send Coach Laurie a message to schedule something that works. All coaching sessions are 100% free and confidential. Participants may complete ongoing sessions.*



### Participants who engaged with a Wellness Coach in 2021\* reported:

*(vs. those who did not engage)*

#### Better average results in

Weight  
Blood Pressure  
Total Cholesterol

#### Better improvements in

Weight & BMI  
Blood Pressure  
Total Cholesterol  
Glucose



\*Based on 2020 and 2021 participant screening data from the City of Strongsville.