

THE DIFFERENCE COACHING MAKES

CITY OF STRONGSVILLE

The City of Strongsville has been a client of Southwest General Wellness since 2017. SWG Wellness provides wellness services including biometric screenings, preventive care programs, and educational programming to its participants.

In 2018, wellness coaching services were added. As coaching has gained popularity, participant progress has been tracked.

RESULTS

In 2022, 142 people from the City of Strongsville were engaged with wellness coaching and 131 were not. The engaged population reported better results and improvements in the following areas:

- **Lower Average Weight**
 - Participants engaged in coaching had an average weight of 7 lbs. less than those not engaged
- **Lower Average Blood Pressure**
 - Participants engaged in coaching reported a lower average blood pressure in 2022 as well as a better improvement between 2021 and 2022 than those not engaged in coaching
- **Improvement in Cholesterol**
 - Participants engaged in coaching reported an average 16 point improvement in total cholesterol while participants not engaged in coaching reported an average 3 point improvement

BENEFITS

Working with a dedicated Wellness Coach can help participants meet their own health and wellbeing goals on their own time in a way that works for them. Aside from improvements in health outcomes, a Wellness Coach can help participants in the following ways:

1. Individual Wellness Strategy & Guidance

A dedicated Wellness Coach can meet participants where they're at and work with them to leverage their strengths. The Wellness Coach will also provide a clear path to their health and wellbeing goals, all while providing accountability and guidance.

2. Customization

Wellness looks different on every body. A Wellness Coach can help provide custom plans for fitness, nutrition, and preventive care to help meet the individual needs of every participant.

3. Stress Management & Life Balance

Life gets in the way sometimes, and a Wellness Coach can help participants manage stressors and stay on track.



GET IN TOUCH

IN-PERSON COACHING

Offices located at the Ehrnfelt Recreation Center in Strongsville and at Main Campus at Southwest General Health Center

VIRTUAL COACHING

Virtual coaching options available via Zoom!

SCHEDULE

Current schedule available on swgwellness.com. Schedule your session today!



LAURIE LAPSEVICH

BS, NBCHWC, CES, PFT

"I'm here to be your partner and guide in discovering and unlocking your full potential. You are capable!"