

Looking to improve your health?



Weight Management Coaching from LifeWorks can help.



Whether you're 18 or 58 years old, it's important to take care of your health. If you're trying to eat healthier, lose weight, increase physical activity and reduce long-term risks associated with unhealthy lifestyle choices, Weight Management Coaching may be the ideal program for you.

Weight Management Coaching is one of the specific health coaching modules available from LifeWorks. This proven effective, comprehensive program provides ongoing, individualized support, guidance, resources, and motivation from a qualified health coach.

Weight Management Coaching is:

- Designed to help you learn how to make important lifestyle changes, and, perhaps more importantly, how to maintain the improvements.
- Developed by a team of health professionals and based on the latest nutritional and exercise recommendations.
- Centred on a 'one-day-at-a-time' philosophy, while acknowledging that weight management is a life-long commitment to change.
- Supported by accompanying resources and tools to help you acquire practical skills for achieving and maintaining a healthy weight, and adopting an active lifestyle – for life!

In addition to topic-specific modules, LifeWorks Health & Wellness Coaching also includes Ask a Coach, a single session approach. The purpose of this unique option is to address questions that do not fit into one of the traditional coaching programs.

Find out more:

Web app: Click on "Life" in the top navigation then click on "Support and Resources." Scroll down to the "Quick Links" section and click on "LifeWorks Health Coaching".

Mobile app: Click on "Life" in the bottom navigation. Scroll down to the "Quick Links" section and click on "LifeWorks Health Coaching".