

Why do you need a health coach? What is a health coach?

You invite a coach to join you on your journey. You want a coach who will listen and understand you even if the coach has never been on a journey like yours. You are excited to expand your purpose and mission for a healthy life. You want a coach who will provide you with options that you have not considered. A coach will be there as you open your eyes to what has kept you from reaching your goals in the past.

You may have tried every diet knowing that there are more diets in this world than there are people. You know it is not the diets nor the overeating or lack of exercise that has kept you from losing those extra pounds. It is much more that is happening within that led you to having an unhealthy relationship with food. With a coach, you will have AHA moments because all along you know food has not been directly responsible for your weight gain, but you have been doing the best you can to get through life.

You may have been exposed directly or indirectly to the shame that surfaces when you are trying to make lifestyle changes that make you the best version of you. It doesn't matter if it is weight gain, depression, lack of self-confidence or anything else, there is often shame associated during these trying times. When negativity comes from friends, it is disappointing. When the negativity and uninspiring words or acts come from family, it cuts deep within you.

With a coach, you will achieve your goal as you see how a healthy life is the goal and the weight loss that follows is simply the perk. So, what is a healthy lifestyle? A healthy lifestyle is defined as a way of living that helps you enjoy more aspects of your life. It is a way of living that lowers the risk of being seriously ill or dying early. Health is not just about avoiding a disease or illness. Health is not just about being overweight or underweight. So many do not understand that health is a state of complete physical, mental and social wellbeing.

A coach will guide you to not just focus on results because if you do, you will never change. If you focus on change, you will get results. Therefore before each session; you acknowledge the prior week's

achievement. You know that no matter how small, every achievement is worth being celebrated.

Together, a coach and you will connect investing in the human experience that is at work within you. Experience is a refreshing and inspiring work that happens throughout your life which you may not have given much thought to until now. There is no walking on eggshells during coaching because you are greater than your problems. You will find that there is always a way to achieve what seems impossible.

You are influenced by your thoughts reverberating in the subconscious memory that is stored in your brain and body. You will be awakened as to the power of your thoughts and how to change your thinking and get the life you desire and deserve. You will take time to nourish your soul and make lifestyle changes to be healthy. And these changes will be those that work in your life. If not, you will have created good habits and you know even good habits can be broken.

Your amazing soul yearns to create more success, abundance and happiness in your life. You begin by uncovering the reasons for overeating and not exercising. This may be one of the hardest things you will ever do in life as you must learn to love yourself through the process.

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