



Local Executive Finds Success with Health and Wellness Coaching

Five years ago, Kevin Davis, currently Principal at Epic Insurance Brokers and Consultants, Mt. Laurel, NJ, was struggling with stress and excessive weight. A medical crisis that occurred while he was on vacation with his family made him stop and think about improving his health. He knew he needed some assistance but shied away from wellness programs because of a poor experience with a previous provider. However, he decided to give the [BeneFIT Corporate Wellness Health Coaching Program](#) a try, since it was provided to him through his previous employer. He was elated to encounter a highly satisfactory, personal, and successful experience.

Even though weight was one of Davis's concerns, he and his coach began by working on stress management, which constituted his first and second self-appointed goals. "I had to deal with the mental aspects first," says Davis. "We needed to understand the whole person."

His coach helped him with behavioral changes such as avoiding political news and social media and replacing them with inspirational material. Davis started a gratitude journal to affect a more positive mindset and he kept a daily food journal. The day he wrote, "donut" in his journal represented a major breakthrough. "I suddenly realized it wasn't necessary to eat a donut and I don't even think they taste very good," says Davis. "I knew then I was using food to cope with my emotions."

From there, in slow increments, came changes related to exercise and introducing activities that Davis found enjoyable. These activities provided alternatives he could turn to rather than reach into the refrigerator or snack bag. "I was no longer drawn to foods high in sugar or fat that would just sit in my stomach. It was all related to stress," he says. "By combining stress management with healthier foods, I began to feel much, much better."

Overall, Davis lost about 40 pounds and learned how to manage stress in a healthy way. He is a much happier person today as a result of his experience. "My coach and I essentially went on a 'life journey' together," he says. "There's no judgement at all. She's a kind and gentle motivator, which is exactly what I needed to be able to succeed like I did."

[Contact us](#) to schedule your free strategic wellness consultation or discuss discounted health coaching services for your employees!*



Kevin Davis lost 40 pounds and learned how to manage stress by putting his trust in the BeneFIT Corporate Wellness Health Coaching program.

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