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GUEST ARTICLE: BENEFIT CORPORATE WELLNESS



Why We All Need a Health Coach – Especially Now

Coronavirus disrupted everything from work environments to exercise patterns and social lives. People who had developed a healthy routine or diet might have found themselves overeating and skipping exercise as their normal schedule became impossible to maintain. Employers can help motivate employees to get back on track by offering health coaching.

The job of a health coach is to give people the knowledge, skills, tools, and confidence they need to participate fully in their own care and well-being. This alliance was pivotal for Clarissa Saltos, 43, a mother of four, who has access to health coaching through her employer. She was under the care of specialists for several health conditions, was overweight, and often felt fatigued. “My health issues were getting worse, not better,” says Clarissa. “I couldn’t go upstairs without becoming out of breath, and I wanted to lose weight but couldn’t. I felt like I was going around in circles.”



As directed by Clarissa, she and her coach worked on nutrition and hydration. One of the recommendations from Clarissa’s doctor was to drink more water, and Clarissa’s coach taught her some important distinctions. “I grew up drinking soda and juice all the time; the water I was drinking as an adult was flavored and contained artificial sugar,” says Clarissa. “I’m not fond of plain water so my coach suggested I add some lemon or lime juice. That’s working well. I now drink 64 oz. of water every day.”

Food was also challenging for Clarissa, who is Hispanic and grew up on traditional meals consisting of fried food, white rice, meat, and beans. A culture of “anything fattening was good,” left her with little

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knowledge about healthy eating. Through health coaching, Clarissa learned how to read labels when grocery shopping. She's changed her diet to largely fruits and vegetables and says she physically feels better, her energy is up, and she's not craving sugar like she was.

In addition to adjusting her diet, she's also working out. "I walk 30 minutes in the afternoon and evening, and do Pilates in the morning before work," she says.

Clarissa believes she was able to make more progress with a health coach than on her own because she had to be accountable to someone. She says knowing she would be reporting on her accomplishments the next week kept her motivated. "Feeling better is something I have been trying to accomplish for almost two years, and I was able to do it in a few months with a health coach. I have energy throughout the day, my mood has changed – it's been a complete turnaround."

To learn more about how a health coach can help your employees and your business, contact BeneFIT Corporate Wellness or visit www.populytics.com/benefit.