

Take Your Health To the Next Level With Health Coaching



FREE health coaching! At no cost to you, health coaching is available on various days and times every month for telephone or virtual appointments.

How to schedule an appointment? Call 414-777-3410 or log in to the Wellness Portal at www.workforcehealth.org/cityofmilwaukee and sign up for the next available dates and times.

If you're not sure where to start or what to talk about, our coaches have selected key topics each quarter for a well-rounded approach to your health and well-being.

Start the Year With a Focus on You! (Jan./Feb./Mar.)

- Exercise -- Getting started
- Nutrition -- Meal planning tips
- Stress -- Deep breathing techniques to reduce stress, anxiety and blood pressure

On-the-Go Health Habits (Apr./May/Jun.)

- Exercise -- Simple ideas to add physical activity, strength training and stretching into your day
- Nutrition -- Packing a healthy lunch and techniques to choosing healthy options when dining out
- Stress -- Discover phone apps to help you become more mindful in your life

Lifestyle Factors to Improve Brain Health (Jul./Aug. /Sep.)

- Exercise -- Learn how exercise can optimize brain health
- Nutrition -- Beneficial foods to keep your memory sharp and reduce the loss of brain function as you age
- Stress -- Challenge and retrain your brain to focus on good and positive things to increase your happiness

Diabetes Prevention or Management (Oct./Nov./Dec.)

- Exercise -- How exercise affects blood sugar
- Nutrition -- Easy tips to increase your fiber intake to improve digestion and control blood sugar levels
- Stress -- Ways to practice positivity and boost your resilience to face life's challenges



Workforce Health