



Health Coaching



Small steps to better health

We partner with you to improve your health. By offering **support, education, and encouragement**, we help you care for yourself. Your Marathon Health provider can talk with you about your health goals and concerns – and together make a plan to improve your health.

What should I expect?

Your Marathon Health provider will help you set goals for health improvement that are in line with

your needs and aspirations. Once you've chosen the areas you would like to work on, we can help you create a **realistic, actionable health plan**.

Health coaching can support you through weight loss, smoking cessation, stress, illness, and chronic conditions. By offering realistic tips and guidance, your Marathon Health provider helps you stay on track and achieve your goals.

We're here to help – every step of the way.

“From the moment I met my health coach, I instantly felt encouraged. We made a simple plan to treat me, she always cheered me on, even when I was discouraged or felt like my progress was too slow. I can't say enough about the kindness I felt at the Marathon Health center.”

– Joeie

To schedule an appointment, please visit my.marathon-health.com or call your health center.

Marathon
health[®]
For life.