

Health Coaching for Clients with Weight Management Goal

Enjoy Higher Success Rates of Client Fat Loss Programme through Effective Coaching System

Course Overview

The prevalence of overweight and obesity along with chronic, inactivity-related diseases is on the rise. Since obesity is a multifactorial disease involving a complex interplay among environmental, behavioral, genetic and hormonal factors, training these clients requires more than just looking at the energy balance; exercise more, and make better food choices. By having deeper understanding of client's background and challenges, health coaches facilitate goal setting, help clients overcome barriers and choose strategies which fits into their lifestyle.

Health Coaches are uniquely positioned as skilled partners who can help individuals change behaviours that create health risks, as well as empower individuals to better self-manage their weight and chronic health conditions. Thus, clients is able to sustain healthy lifestyle behaviors that prevent, mitigate and even reverse chronic diseases.

Thus, elevate your career by becoming a health coach. Learn the science and skills to support meaningful and lasting lifestyle change for those you are called to serve. As a health coach you'll expand your skillset and move your career forward enabling your to help people while earning additional income. You'll also gain greater flexibility to work with others when and how you want, including even virtually by phone or video.

Course Highlights

- 10 Steps System to Coach Clients With Fat Loss Goals
- Physiology of fat storage and fat loss
- Stress management strategies
- Dietary strategies for weight loss and weight maintenance
- Exercise programming for overweight and obese clients

Course Objectives

1. Establish rapport with clients using effective communication strategies in order to build and maintain collaborative relationships.
2. Help clients take responsibility for personal health by identifying strengths, challenges, and available resources in order to make healthful lifestyle choices.
3. Facilitate client-directed behaviour change using evidence-based coaching strategies to promote healthful lifestyle choices.
4. Use available health, medical, wellness and lifestyle information by employing appropriate assessment tools and standards in order to stratify risk, identify the need for medical clearance and referrals.
5. Design individualised plans based on interviews, screenings, assessment data and goals in order to progress clients toward healthful lifestyle management.
6. Implement individualised plans using evidence based coaching practices in order to progress clients toward healthful lifestyle and behaviour change

7. Evaluate plan effectiveness in collaboration with clients to monitor outcomes and support progress toward goals.
8. Collaborate with clients to adjust plans based on ongoing evaluations in order to promote adherence, personal responsibility and success.
9. Build and develop your health coaching business to make it work for both you and your client.

Why Should You Consider This Course?

Become a successful health coach by being able to empower clients who are overweight and obese to better self-manage their weight and chronic health conditions

Who Will This Benefit?

- Fitness Professionals
- Strength and Conditioning Professionals

Pre-requisite

This course is designed for fitness professionals to learn health coaching thus being able to help clients achieve fat loss goals via lifestyle modifications. Basic fitness instructing/personal training certification recommended.

Course Provider

Fitness Edutraining Asia (FEA)

CEC Points

ACE CECs 1.6, NASM CEUs 1.8

Course Duration

14 hours (2 days)

Learning Materials

Handouts, course manual and/or presentation slides

Awards

Upon full attendance and completion of this workshop/course, you will be awarded a Certificate of Workshop/Course completion

Grading Criteria

Completion of course participation and assignment(s)

Recertification

N/A

Exam Fee

N/A

Fitness Edutraining Asia (FEA)

Dress Code

Casual

What Do I Need To Bring?

Stationery

Course Capacity

A minimum of 12 pax and a maximum of 20 pax

Language

English

Information displayed above is correct during time of publishing and may subject to change without prior notice