

# Frequently Asked Questions: Health & Wellness Styling

## General Inquiries

### 1. What is health & wellness coaching- aka- nutrition and wellness coaching?

Health & Wellness Styling is a personalized approach to helping individuals achieve their health goals through dietary guidance, lifestyle changes, and ongoing support. As a coach, I work with clients to style & create sustainable habits for a healthier lifestyle. We style these habits because every body & every body is unique and requires tailored needs. (I have a previous education in fashion design and find expression through food is very similar to that of clothing- experimenting with varieties of textures and colors often leads to the most splendid results!

### 2. How does your coaching process work?

The process begins with an initial consultation to assess your current lifestyle, dietary habits, and health goals. Together, we create a tailored plan that includes regular follow-ups to track progress and adjust as needed.

### 3. Who can benefit from nutrition and wellness coaching?

Anyone looking to improve their health and wellness can benefit, whether you're looking to lose weight, manage a health condition, improve athletic performance, or simply adopt a healthier lifestyle.

### 4. Do you offer payment plans for nutritional coaching?

Yes, I offer flexible payment plans to accommodate different budgets and needs. My goal is to ensure that everyone has access to quality nutritional coaching. We can discuss various options during the initial consultation to find a plan that works best for you, whether it involves monthly payments or a package deal.

## Diet and Nutrition

### **5. Do you provide meal plans?**

I offer personalized meal plans & recommendations based on your dietary preferences, nutritional needs, and health goals. While I don't provide strict meal plans, (it is not an all or nothing, but a suggested blueprint) I guide you in making healthier food choices.

### **6. Can you help with dietary restrictions?**

Absolutely! I am experienced in working with various dietary restrictions, including vegetarian, vegan, gluten-free, and more. I tailor my advice to fit your specific needs.

### **7. What is your stance on supplements?**

I believe in a food-first approach, emphasizing nutrient-rich whole foods. However, I can provide guidance on supplements if necessary, based on an individual's nutritional requirements and health goals.

## **Wellness and Lifestyle**

### **8. How do you address lifestyle changes?**

Lifestyle changes are approached gradually, focusing on small, manageable steps. We will work on incorporating physical activity, stress management, and sleep hygiene into your routine.

### **9. How do you help with stress management?**

I incorporate stress-reduction techniques such as mindfulness, meditation, and relaxation exercises into our sessions to help manage stress and improve overall well-being.

## **Coaching Sessions**

### **10. How often do we meet for coaching sessions?**

The frequency of sessions depends on your goals and progress. Typically, clients meet with me bi-weekly, with flexibility to adjust as needed.

### **11. Are sessions in-person or online?**

I offer both in-person and online sessions to accommodate your preferences and schedule, ensuring you have access to support regardless of location.

## **Getting Started**

### **12. How do I get started with your coaching program?**

You can start by contacting me to schedule an initial (Free) consultation. Together, we will assess your needs and create a personalized plan to begin your journey to better health.

# Frequently Asked Questions: Nutrition and Health

## General Nutrition

### 1. What are the essential nutrients my body needs?

The essential nutrients your body needs include carbohydrates, proteins, fats, vitamins, minerals, and water. These nutrients are crucial for energy, growth, and bodily functions.

### 2. How much water should I be drinking daily?

It's generally recommended to drink about 8 cups (64 ounces) of water a day, although individual needs can vary based on factors like age, activity level, and climate. My go-to goal for everyone to aim for is half your body weight (lbs) in oz of water a day. So if you weigh 160 lbs, you should be aiming for 80 oz of water a day.

### 3. How can I tell if I'm eating a balanced diet?

A balanced diet includes a variety of foods from all food groups: fruits, vegetables, grains, proteins, and dairy. Ensure you are consuming the right portions and nutrients for your specific health needs.

## Healthy Eating Habits

### 4. How can I make healthier choices when eating out?

Opt for dishes that are grilled, steamed, or baked rather than fried. Ask for dressings and sauces on the side, and choose whole-grain options when available. We can work together to come up with ideas from your fave places as well as if you have an event or trip coming up- I've got a game plan for you.

### 5. What are some tips for reducing sugar intake?

Reduce sugar by avoiding sugary drinks, and processed foods. Make choices looking for unsweetened products, and reading food labels to identify hidden sugars. Incorporate natural sweeteners like fruits or honey in moderation.

### 6. How can I manage portion sizes effectively?

Use smaller plates, pay attention to hunger and fullness cues, and avoid eating directly from packaging. It's also helpful to measure out servings when cooking or plating meals. I offer several guides and suggestions for portioning.

## Special Diets

### 7. What are the benefits of a plant-based diet?

A plant-based diet can lower the risk of heart disease, improve digestion, and support weight management. It emphasizes fruits, vegetables, nuts, seeds, and whole grains.

### 8. How can I safely transition to a vegetarian or vegan diet?

Transition gradually by incorporating more plant-based meals into your diet, ensuring adequate protein and nutrient intake from sources like legumes, nuts, and fortified foods.

## Nutrition Myths

### 9. Is it true that skipping breakfast can lead to weight gain?

While skipping breakfast may lead to increased hunger later in the day, thus potentially leading to overeating, the key is to listen to your body's hunger cues and eat when you feel ready.

### 10. Do detox diets really work?

Detox diets are not necessary as the body naturally detoxifies itself. A balanced diet with plenty of water, fiber, and nutrients will support your body's natural detoxification processes. That said, giving your digestive system a respite every once in a while by fasting -autophagy- may decrease hunger and indirectly contribute to weight loss as well as prevent or slow the progression of several diseases, including cancer, neurodegeneration, cardiomyopathy, diabetes, liver disease, and autoimmune diseases.

# Frequently Asked Questions:

# Qualifications and Certifications

## Holistic Nutrition Coach Certification

### 1. What qualifications do you have as a holistic nutrition coach?

I am certified as a Holistic Nutrition Coach through the Institute for Integrative Nutrition (IIN). This certification has equipped me with a comprehensive understanding (over 200 dietary theories) of nutrition and wellness, focusing on a holistic approach to health that considers the whole person, including lifestyle, diet, and mental well-being.

### 2. What does the Institute for Integrative Nutrition (IIN) certification entail?

The IIN program covers a wide range of dietary theories and practical lifestyle management techniques. It is a 12 month program with a Board Certification Intensive. My education

emphasizes the importance of personalized health and wellness strategies, and the certification process includes both theoretical knowledge and practical application skills.

## Personal Trainer Certification

### 1. Are you certified as a personal trainer?

Yes, I hold a personal trainer certification through the International Sports Sciences Association (ISSA). This certification has provided me with the expertise to guide individuals in achieving their fitness goals through personalized exercise programs and motivational support that can compliment their nutrition plan if they like.

### 2. What areas does the ISSA personal trainer certification cover?

The ISSA certification includes training in exercise science, nutrition, and client assessment, enabling me to create effective fitness plans tailored to individual needs and goals, while ensuring safety and efficiency.

## Holy Yoga Instructor Training

### 1. What qualifications do you have as a Holy Yoga instructor?

I have completed (H-RYT200) Holy Yoga instructor training, which integrates the practice of yoga with Christian principles. This training allows me to offer a unique approach to yoga that enhances physical, mental, and spiritual well-being.

### 2. What is involved in Holy Yoga instructor training?

(H-RYT200) Holy Yoga training involves learning yoga techniques, anatomy, and physiology, combined with spiritual teachings rooted in Christianity. It equips instructors to lead classes that focus not only on physical health but also on spiritual growth. A 200 hour program with Jesus on the side. 😊

## AED/CPR Certification

### 1. Do you have AED/CPR certification?

Yes, I am certified in AED and CPR. This certification ensures that I am prepared to respond effectively in emergency situations, providing critical support to individuals in need of immediate care.

## Ongoing Education and Additional Certifications

### 1. What ongoing education are you currently pursuing?

I am currently pursuing a Bachelor of Science in Nutrition through Purdue Global. This program is enhancing my understanding of nutritional science and preparing me to provide more in-depth guidance on evidence-based dietary practices.

### 2. Are there any additional certifications you are working towards?

Yes, I am working towards certifications in DNA Fitness and Weight Management through ISSA. These additional certifications will enable me to offer a deeper dive into personalized fitness

and nutrition plans based on genetic insights, helping clients optimize their health and fitness outcomes.

Through this combination of education and certifications, I am dedicated to providing comprehensive, personalized support in nutrition, fitness, and wellness.