

WHAT IS A HEALTH COACH

Would you like to lose weight, improve cholesterol, reduce hypertension, manage diabetes or stress? Do you need fresh ideas for eating well or putting life back into a tired or *retired* exercise routine?

The Health Coach can help you meet your Wellness Goals through:

**Nutrition | Stress Management | Self-Care
Weight Loss | Sports and Fitness | Disease Management**

Schedule your free and confidential one-on-one appointment today!

StephanieO@welcoaz.org



MEET THE HEALTH COACH



Coach Stephanie
stephanieo@welcoaz.org

Stephanie O'Connor is a Health Coach with the Wellness Council of Arizona. She has her Bachelor's degree in Human Nutrition from the University of Massachusetts-Amherst. Upon graduation, she coached Women's and Men's Collegiate Rowing for over five years, integrating her love for nutrition with her love for athletics. She is also a USAW Level 1 Coach and Level 2 CrossFit Coach and has coached competitive and recreational gymnastics, and has attained her ISSA Strength and Conditioning Specialist Certification. As a previous Division I, Regional level, and weightlifting athlete, Stephanie understands firsthand how important the key facets of nutrition, fitness, and stress management are to reaching your goals. She looks forward to sharing her passion for fitness and nutrition using a holistic approach to help others live a more fulfilling life. In her free time, Stephanie loves to be active and outdoors. She enjoys running, hiking with her dog, golfing, woodworking and spending time with friends. She says that accountability is one of the most empowering steps in leading a healthy lifestyle. Stephanie looks forward to meeting you to help you meet your wellness goals!