



# Liv Barrau

*Health & Wellness Coach*

Liv Barrau is a dedicated Health & Wellness Coach with WELCOAZ Powered by Holisticly. She earned her Bachelor of Science from the U.S. Naval Academy and is a Navy veteran with a background as a former Naval Aviator, boasting eight years of leadership experience focused on caring for both individuals and programs. After her military service, Liv pursued training at the American College of Lifestyle Medicine and is currently more than halfway through her Master of Public Health at Yale University. As a certified yoga instructor and a strong advocate for the mind-body connection, Liv offers a holistic perspective on health rooted in integrative medicine, scientific principles, and a profound commitment to overall well-being.

Drawing from her foundation in integrative health and evidence-based practice, Liv approaches wellness through a science-backed lens while embracing complementary modalities that support the whole person. Her coaching emphasizes the dynamic interplay between mental, emotional, and physical health, and she tailors her support to empower sustainable behavior change. Liv believes deeply in the power of holistic wellness, not as a buzzword, but as a functional strategy, bridging traditional approaches with lifestyle medicine to help individuals thrive.

Outside of her professional work, Liv finds joy in reading across genres, practicing and teaching yoga, and staying active through volleyball. She values curiosity, connection, and movement as key elements of a fulfilling life, principles she also brings into her coaching philosophy.

## What is a Health Coach?

Are you interested in improving your health and wellness by losing weight, managing cholesterol levels, reducing hypertension, or managing diabetes or stress? Or perhaps you're seeking inspiration for healthy eating or exercise routines to increase your energy levels? A Health Coach can offer valuable insight, encouragement, and motivation on these topics and more.

## Nutrition

## Sports and Fitness

## Weight Loss


## Stress Management

## Self-Care

## Disease Management

## Questions?

**Connect with Coach Liv for more information.**

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