

Men's Fitness

SOLUTIONS

LIVE WELL



WHERE TO FIND A WELLNESS COACH:

At Work | Many companies hire permanent or short-term (such as through a seminar) wellness coaches to improve the workplace and help employees stay healthy. Check your corporate benefits plan or ask HR.

Online | Companies such as Discover Wellness Center (www.discoverwellnesscenter.com) offer personal wellness coaching online, by phone, or both. Fees and services vary depending on your needs but average around \$300.

Training programs | Companies like Wellcoaches train and certify wellness coaches. The group estimates that about 1,000 new coaches went into practice this year, joining the total of about 3,000 coaches already training clients.

BE HAPPY, DAMMIT!

WHETHER YOU'RE TRYING TO GET INTO BETTER SHAPE, EAT RIGHT, OR JUST FEEL BETTER ABOUT YOURSELF, A WELLNESS COACH MAY HELP GET YOU THERE | **By Peggy Noonan**

You've got a trainer at the gym. A nutritionist. A relationship guru. Even a career counselor. That's one hell of an entourage—and an expensive one. What if you could roll all those coaches into one? That's the theory behind the emerging trend of wellness coaches—a one-stop aid for all your physical, mental, and emotional needs. He (or she) will motivate you and advise you on how to stay fit, healthy, and happy. Expect your coach to help you identify specific areas you'd like to improve upon, then devise a plan to get you there. Most wellness coaches focus heavily on three different areas of self-improvement:

FITNESS Like a trainer, a good wellness coach will help you develop an exercise program that fits your individual body needs and accommodates your lifestyle. They'll also help keep you motivated in between workouts or when you've hit a plateau or have suffered an injury.

NUTRITION They may not give you a specific diet to follow but rather an overall healthy eating plan that accounts for your habits, likes and dislikes, budget, and time constraints.

HAPPINESS "Positive emotions should be one of your wellness goals," says Margaret Moore, CEO of Wellcoaches Corporation, a leading

wellness-coach-training company based in Wellesley, Mass. It may sound like New Age gobbledygook, but according to Moore, staying happy and positive is just as important to your health as working out or counting carbs and fat grams. In fact, researchers are beginning to develop the same type of guidelines for happiness and "flourishing" that we now have for exercise, eating, weight, and hypertension. Don't worry. Your wellness coach won't try to convert you into a perennially happy TV talk-show host who is always grinning from ear to ear. But he or she will work on tipping your emotional balance toward the positive and help you learn how to wash away unwanted negative feelings.