

Wellness Coaching at North Cypress Internal Medicine & Wellness

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Setting goals may seem easy, but making them happen is the real challenge. Often, you know what to do but you're just not doing it...yet! Wellness Coaches at NCIM&W understand and offer a highly successfully motivational approach to help you take the first steps, and the next, until your destination is reached. They meet you at any point in your journey and help you develop an individualized blueprint for optimal wellness. Our coaches provide support, guidance and accountability to help inspire and facilitate the change within you.

Move forward with confidence

Our team of certified health and wellness professionals taps into extensive training in positive psychology and behavioral science to identify and eliminate your individual roadblocks to success. They assess your current health and level of fitness, and help you set personalized targets to reach essential goals including:

- ◆ Maintaining health and wellness through nourishment
- ◆ Achieving healthy blood sugar and cholesterol levels
- ◆ Enjoying an energetic lifestyle
- ◆ Managing stress
- ◆ Being fully engaged and satisfied with life

Be inspired

A profound and meaningful level of support is provided by our dedicated coaching team, who partner with patients to help them discover:

- ◆ A higher purpose for wellness
- ◆ A natural impulse to be well
- ◆ An innate motivation and spirit
- ◆ Small victories that build self-efficacy

For Members Only

Members of North Cypress Internal Medicine & Wellness are invited to experience the transformative benefits of wellness coaching. You're welcome to schedule a complimentary introductory call with our team to explore how our program may benefit you.

Support for your journey includes:

- Lifestyle Medicine visits
- 1:1 Health and Wellness Coaching
- Regular, personalized check-ins
- Group Lifestyle Medicine Master Classes
- Nutrition counseling
- Exercise as Medicine prescriptions



NORTH CYPRESS
Internal Medicine and Wellness
Live healthy, live well.