

HealthyLife® Coaching

What is HealthyLife® Coaching?

To improve people's lives, HealthyLife Coaching combines the high touch approach of a personal relationship with a coach and the high tech approach of the internet.

Since 1997, HealthyLife® Coaching has helped thousands of people improve their health and wellbeing. Working together over the telephone and on the internet, the coach and the participant set realistic and achievable goals and strategize on how to get there.



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Why Does HealthyLife® Coaching Work?

HealthyLife® Coaching differs from traditional teaching in order to create a better outcome. Teaching equates to “telling,” where as coaching means you spend less time telling and more time listening. By asking the right questions, at the right time and in the right manner, our coaches can help direct a path from where the participant presently is, regarding their behavior - to where they want to be.

Individuals and their coach establish a person-to-person connection. Since there is no limit on the number of interactions between the coach and the participant, goals can be modest and quickly achieved. Each small accomplishment builds motivation toward real and lasting behavior change

Our method of coaching allows an individual to be self-guiding, self-correcting and self-motivating, even after they have stopped working with their coach.

How Does HealthyLife® Coaching Work?

Instead of emphasizing risk factors and personal limitations, HealthyLife® Coaching builds individualized approaches to wellness. It emphasizes people's strengths, capabilities, creativity, and what people value most. It also increases people's capacity to think better about their choices in the future.

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