

# WHO IS YOUR **Wellness Coach?**

Your Wellness Coach is a resource dedicated to helping you and your family lead long, healthy and productive lives. Your Wellness Coach is your ally, someone who will work for you, with you and beside you, as you travel down the path to a healthier tomorrow.

## How can your Coach help you?

Your Wellness Coach is a healthcare professional, and will gladly answer any question or provide help and advice on the following:

- Any Health and Wellness topic, including:
  - Nutrition and Weight Control
  - Exercise, Fitness and Conditioning
  - Tobacco Cessation
  - Stress or Depression
  - High Blood Pressure, Diabetes, Heart Disease, Cancer
- Health Metric Testing, including:
  - Blood Pressure Screenings
  - Body Composition Testing
  - Hydration Testing
- Management of Minor Aches and Pains or Muscle Soreness

In addition, your Wellness Coach may approach you from time to time and ask for a few minutes of your work day to discuss a variety of topics that may be of interest to you or your family. We realize your time is important and promise to make our interactions, quick, meaningful and to the point.

## Everything is 100% Confidential!

Everything you discuss with your Coach will be 100% confidential. Simply put, what you discuss with your Coach, stays with your Coach.

The doctor of the future will give no medicine, but will interest his patient in the care of the human frame, in diet and the cause and prevention of disease.

~Thomas A. Edison ~



### **NAME:**

Amanda A. Smith, M. Ed

### **EDUCATION:**

Masters of Education in Exercise Physiology  
– University of Akron  
Bachelors of Art in Psychology – Ohio University

### **PREVIOUS BACKGROUND (EXPERIENCE):**

Prior to joining Wellness Coaches USA, I gained experience working in membership and wellness at the Greater Cleveland YMCA where I helped implement the wellness consultant model. I also have experience working in cardiac rehab, where I was responsible for monitoring and facilitating phase two-three cardiac and pulmonary rehabilitation. I love seeing the smiles and increased confidence in the individuals I have helped throughout my career in wellness!

### **HOBBIES/INTERESTS:**

I relish being active in any way possible. I love exercising and partaking in a wide variety of group exercise classes. Also, I enjoy running and participating in 5k's. When I am not working, I like being outdoors and spending time with my family and friends. Summer is my favorite season, when I can spend time on the lake at my parents' home in Akron, Ohio.

### **CONTACT INFORMATION:**

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