

# 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

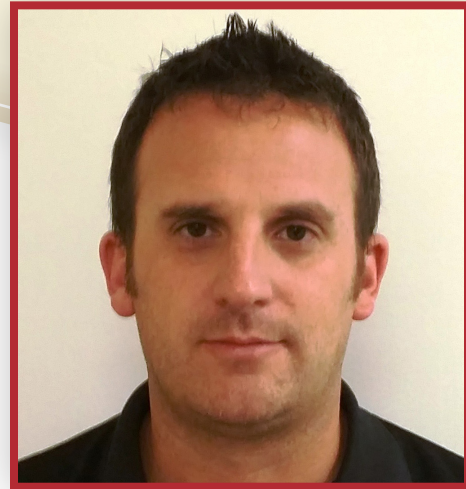
In addition, your Wellness Coach may approach you from time to time and ask for a few minutes of your work day to discuss a variety of topics that may be of interest to you or your family. We realize your time is important and promise to make our interactions, quick, meaningful and to the point.

## 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:**

JC Guidry, B.S., ES, CPT

### **EDUCATION:**

Bachelor of Science in Exercise Physiology -  
Sam Houston State University  
Certified Personal Trainer - National Institute of Preventive  
Medicine

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

Prior to working for Wellness Coaches USA, I founded a nationally and locally awarded personal training and body transformation company. This company not only worked in a private setting, but also developed various city-wide wellness events that helped raise thousands of dollars for local charities. During that time, as well as currently, I serve as a fitness expert for both ABC and CBS here in Houston – on such shows as Great Day Houston and Mirror Mirror.

### **HOBBIES/INTERESTS:**

My highest interests extend to my wife and my children – I believe that family does come first. Even after fatherhood, I have found my continual weekend warrior spirit by participating in running events, triathlons, and various adventure races.

### **CONTACT INFORMATION:**

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