

The Benefits of Health Coaching with the AFWC



Personalized Support

Every plan is tailored to your unique needs, preferences & challenges.



Accountability & Motivation

Stay on track with regular check-ins, goal setting & encouragement.



Sustainable Results

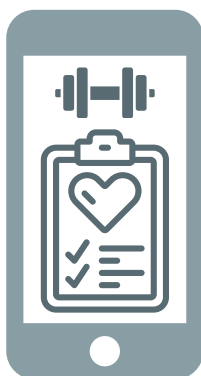
Learn how to create healthy habits that fit your life-not just quick fixes.



Empowerment & Confidence

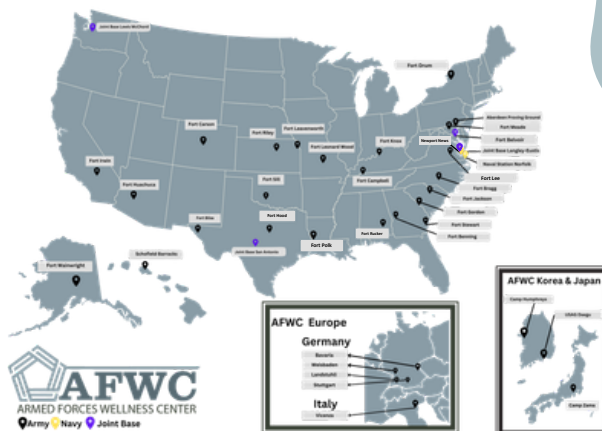
Feel in control of your health & motivated to make choices that serve you.

**VIRTUAL
SERVICES
AVAILABLE!**



Looking to connect with an AFWC Health Educator online? AFWCs offer virtual classes & individualized health coaching!

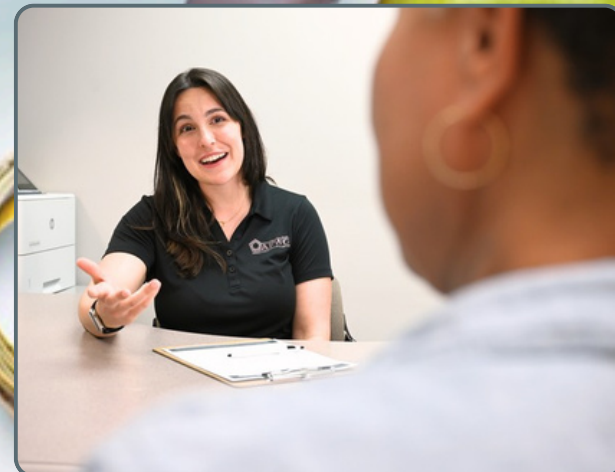
Current Locations



FIND YOUR AFWC



For more information & resources visit:
<https://warfighterwellness.org/armed-forces-wellness-centers/>



**WE MEET YOU
WHERE YOU ARE**

OUR SERVICES



Health Assessment Review

- Identifies individuals at increased risk for disease.
- Includes biometric screening.



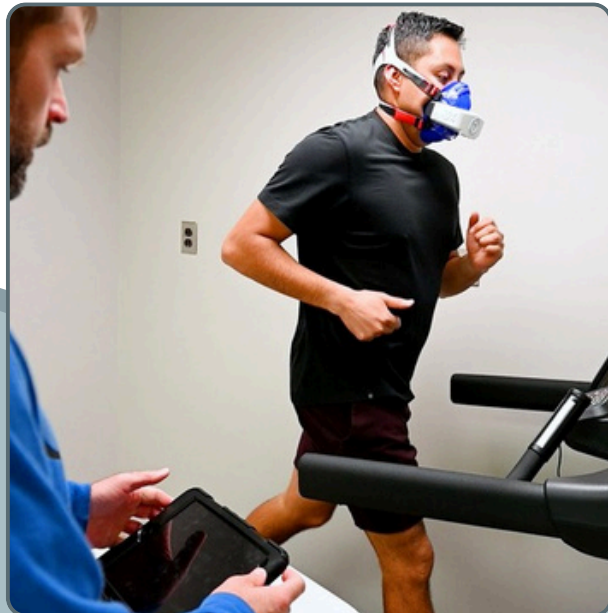
Healthy Nutrition Education

- Metabolic testing/energy balance calculation.
- **Classes:**
 - Upping Your Metabolism.
 - Fueling for Health.
 - Meals in Minutes.



Physical Activity

- Body composition assessments.
- VO2 testing & strength assessments.
- Exercise programming.
- **Classes:**
 - Performance Optimization.
 - Staying Fit Home & Away.



General Wellness Education

- Individualized health coaching tailored to healthy behavior changes.
- **Class:**
 - Healthy Sleep Habits.



Stress Management

- Biofeedback & education on stress management techniques.
- Perceived stress scale screening.
- **Class:**
 - Stress Management.



Tobacco Education

- Tobacco screenings.
- Education on the risks of tobacco use & available resources.



Eligible Beneficiaries

Service Members, Families, Retirees
& DoD Civilians.

