

State of Maryland

To better manage her weight and improve her daily health, Linda* participated in the health coaching program available through her health plan.

Coaching Topics:

Linda's certified health coach developed a plan to focus on:

- Increasing physical activity
- Setting achievable goals
- Improving nutrition and portion control



Coaching Interactions:

- During the initial coaching call, Linda's health coach reviewed her history and identified the diets and weight loss methods that were successful in the past. They determined portion control was an area of opportunity.
- To increase her physical activity, her coach suggested she start an exercise routine with a friend.
- Through subsequent calls, Linda's health coach provided education on meal-planning, nutrition and tips on making healthy choices.

Outcomes:

Linda took advantage of the education and support health coaching provides and as a result, she lost 32 pounds by:

- Better managing her portion sizes
- Increasing her daily intake of fruits, vegetables, lean protein and fish
- Walking and biking for exercise

Linda continues to participate in a coaching program to help her meet new personal goals and maintain the improvements she has already made.