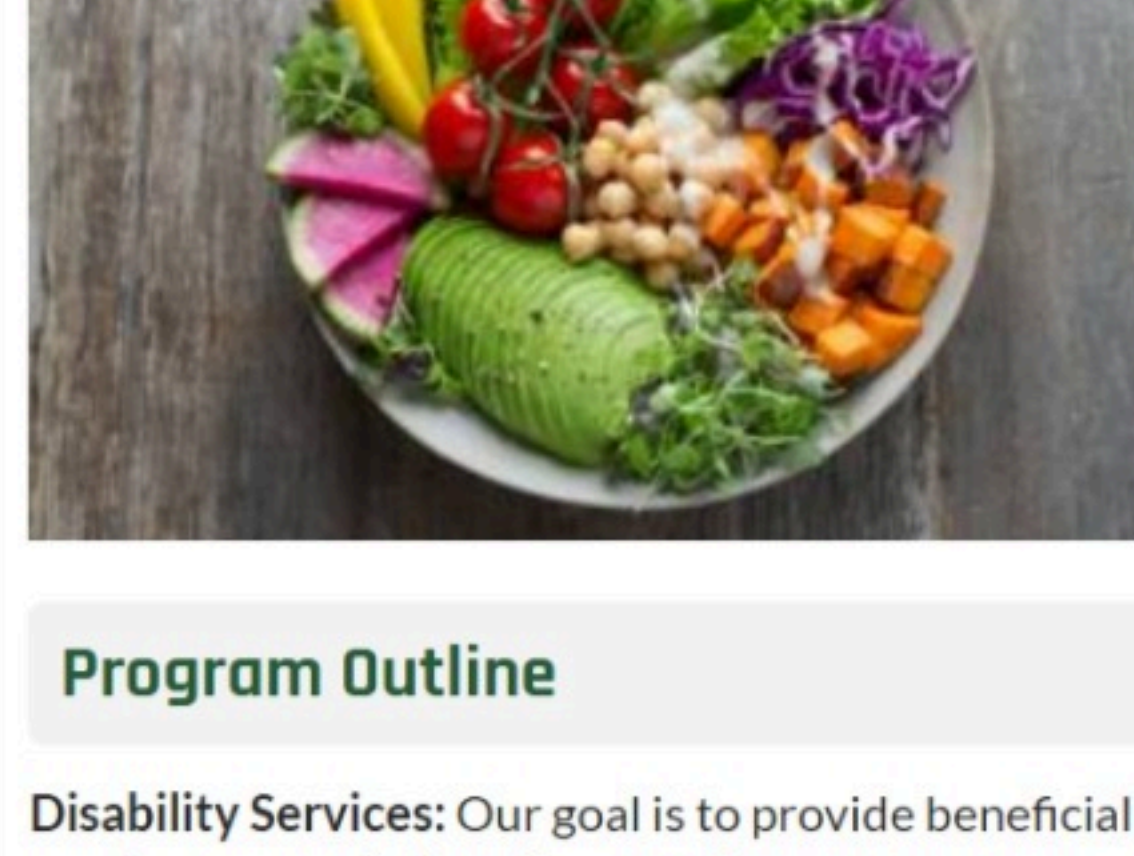


# Health Coaching

We offer many services to help you live a healthy lifestyle. Below are the services and programs we offer in helping you through health coaching.



**Registered Dietitian**

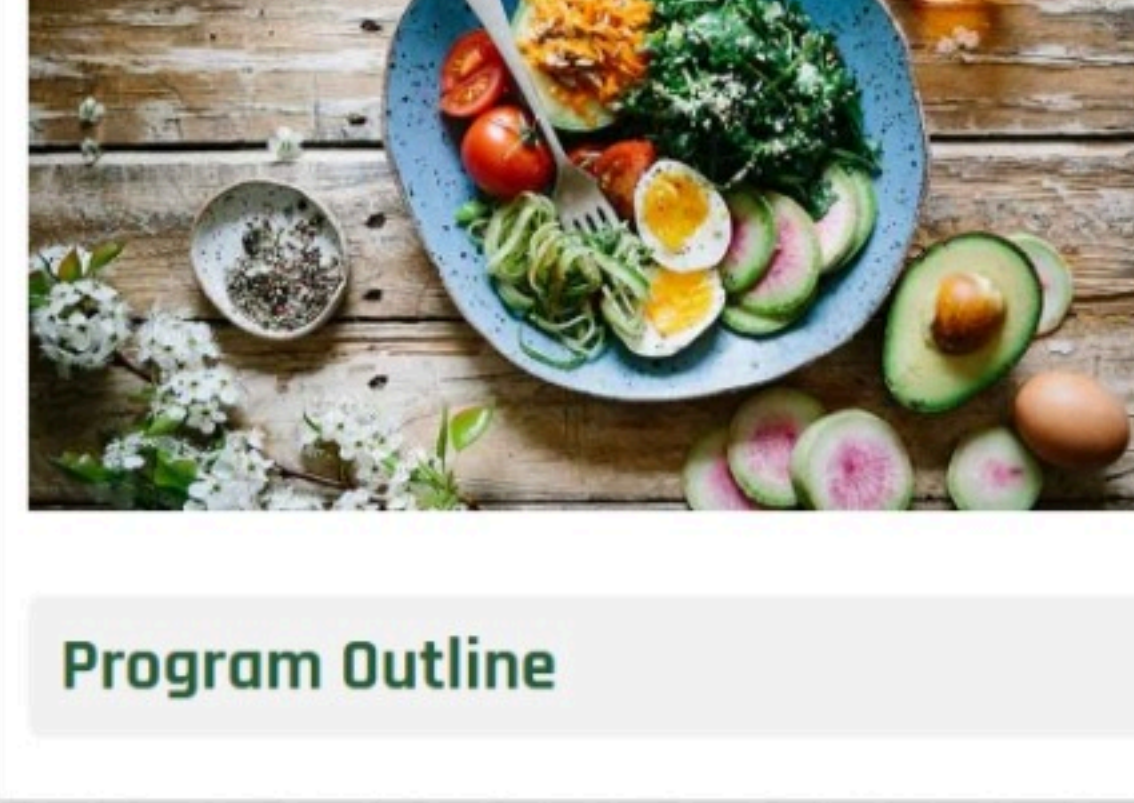
Individual nutrition counseling for disordered eating recovery, prenatal/postpartum nutrition, feeding children, diet improvements and more.

**Cost of program:** Free consultation and then \$10 for each visit thereafter.

[Program Outline](#)

[MEET WITH THE DIETITIAN](#)

**Disability Services:** Our goal is to provide beneficial services to all members of the UVU community. If you need accommodations for any of our programs or services, please contact us at 801-863-5553. We look forward to working with you!



**Never Diet Again - Intuitive Eating**

**Never Diet Again - Intuitive Eating** is a 6 week one-on-one program that focuses on *lifestyle changes* for those who want to end emotional eating, reject the diet mentality, and incorporate optimal nutrition and fitness principles into their life. The sessions will focus on learning how to stop obsessing about food and break the cycle of yo-yo dieting in order to develop a healthy relationship with food and body.

**Cost of program:** \$35 for the entire 6 weeks (*financial waivers are available if needed*).

[Program Outline](#)

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**Nutrition Strategies**

This is a 6 week one-on-one program that will focus on specific nutrition principles for optimal health. Each session will include nutritional assessments, counseling, and current and accredited nutritional education. This program will NOT assign a rigid meal plan or set of guidelines but will adapt each nutrition principle to the participants overall needs. In this program we will help individuals discuss and set realistic weekly goals so they can achieve a healthy lifestyle.

**Cost of program:** \$35 for the entire 6 weeks (*financial waivers are available if needed*)

[Program Outline](#)

[REGISTER NOW](#)



**Plant Based Nutrition**

This program will focus on specific plant-based nutrition principles for optimal health. Each session will include nutritional assignments, counseling, and current and accredited nutritional education.

**Program Cost:** This program is \$15 for all 3 weeks, including materials from each session.

[Program Outline](#)

[REGISTER NOW](#)



**Meal Planning**

This 3 week program is designed to help participants eat easily and nutritiously on a budget. Learn about basic nutrition principles, planning meals, grocery shopping tips, reading food labels, sticking to a budget, food safety, meal preparation strategies, and more!

**Cost of program:** \$15 (*financial waiver available if needed*)

[Program Outline](#)

[REGISTER NOW](#)



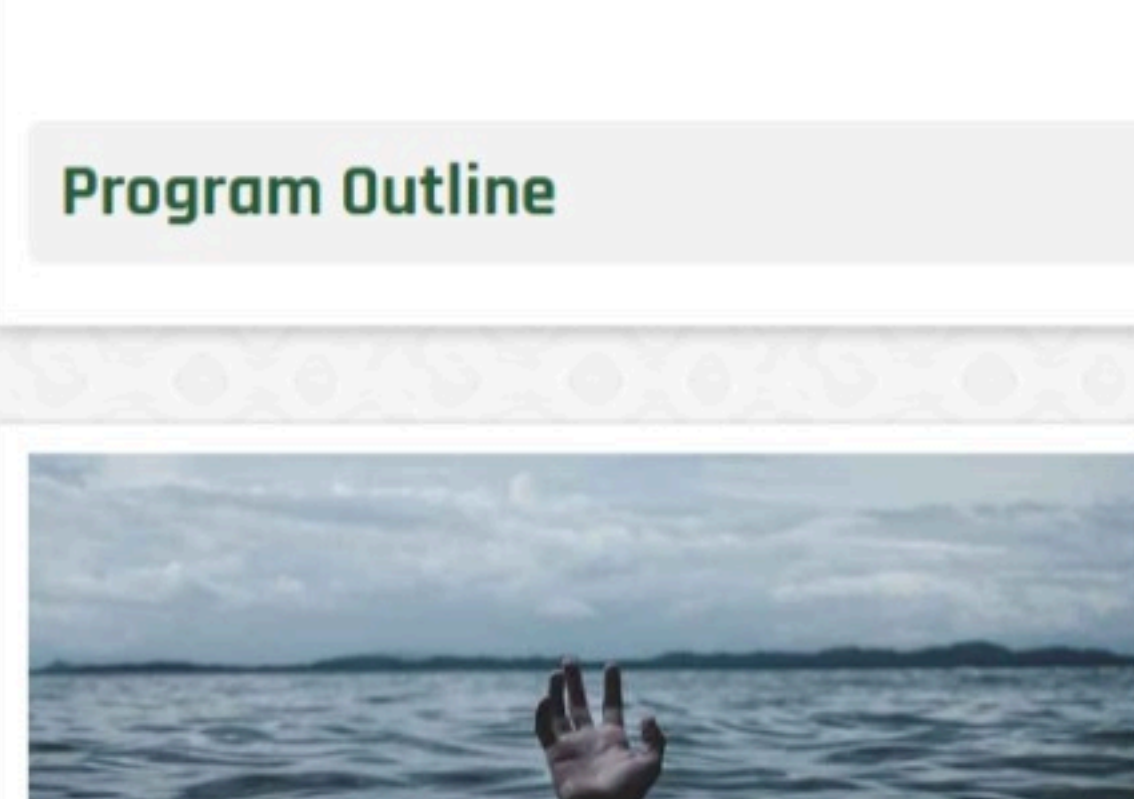
**Tobacco Cessation**

The Tobacco Cessation program is designed to help participants quit tobacco/e-cigarette use, with the help and support of a personal Health Coach. This program is designed to educate, inform, inspire, and support behavioral change. The program covers the many health effects of using tobacco and e-cigarettes and the positive changes that happen in your body immediately after quitting. Participants will receive individual attention to create a personalized quit plan, as well as resources to support participants through each step of the quitting process. This length of the program is based on the individual need of each participant. Smoking cessation quit kit included.

**Program Cost:** Free

[Program Outline](#)

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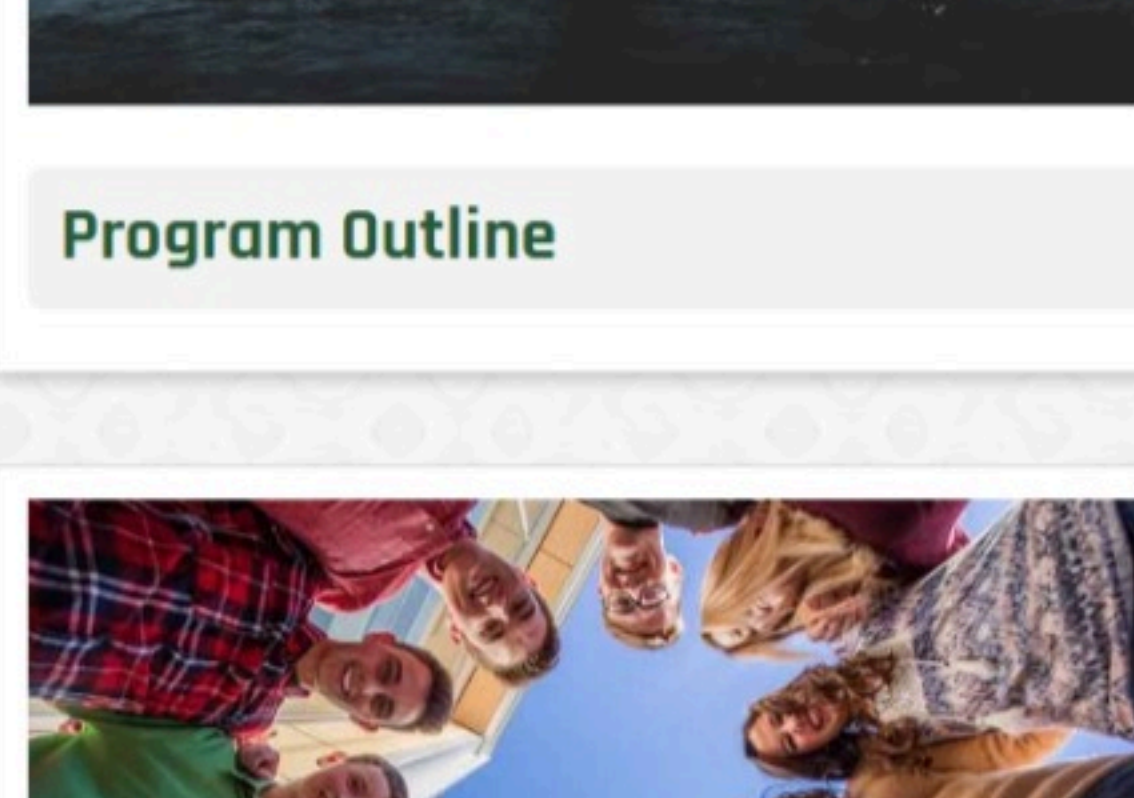
**Stress Less**

This one-time session is designed to help you learn about the different types of stress, the science of stress, the various types of stress responses, and how to manage some of the most common college stressors. Session includes an assessment to see where you are at on the stress scale.

**Cost of Program:** FREE

[Program Outline](#)

[REGISTER NOW](#)



**Live Happy**

This one-time session is designed to help you learn about the many definitions of happiness, the science of happiness, including the different chemicals and neurotransmitters that affect happiness, the benefits of happiness, and how to cultivate long- and short-term happiness.

**Cost of program:** FREE

[Program Outline](#)

[REGISTER NOW](#)



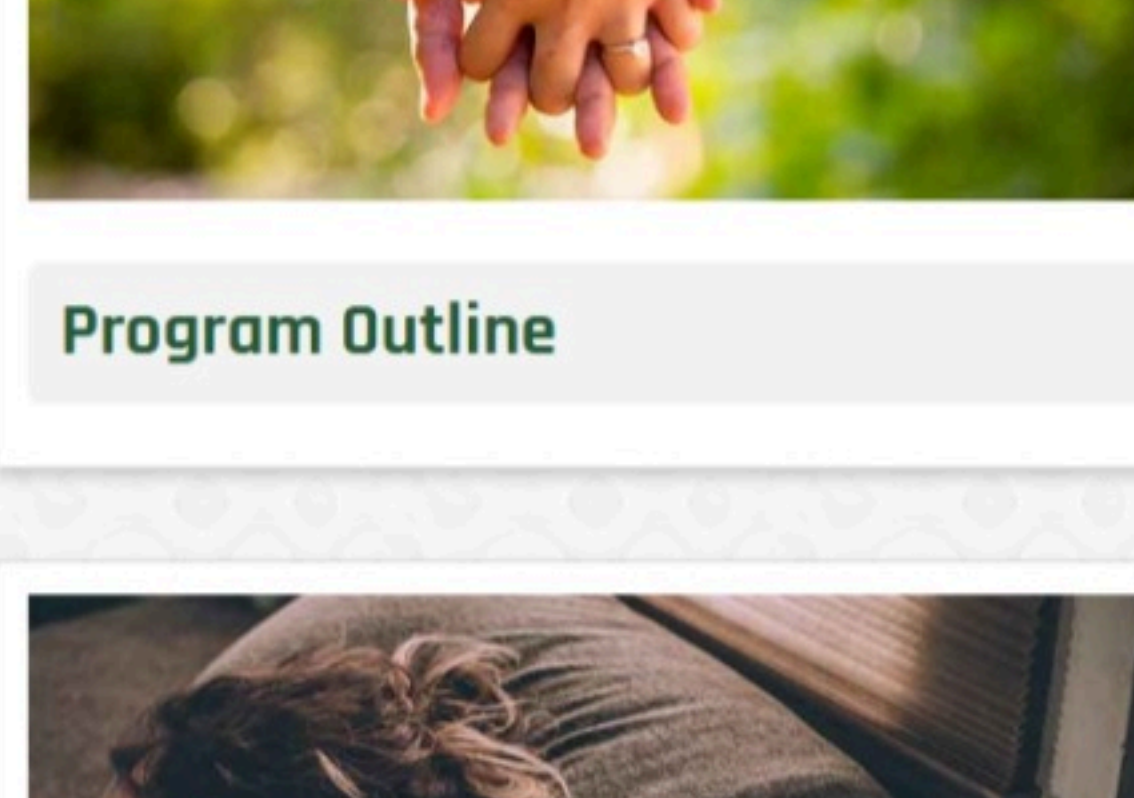
**Healthy Relationships**

This one-time session focuses on relationship skills including conflict resolution and communication. Learn about how to develop healthy relationships with yourself, significant others, family members, friends, professors, coworkers, and classmates.

**Cost of Program:** FREE

[Program Outline](#)

[REGISTER NOW](#)



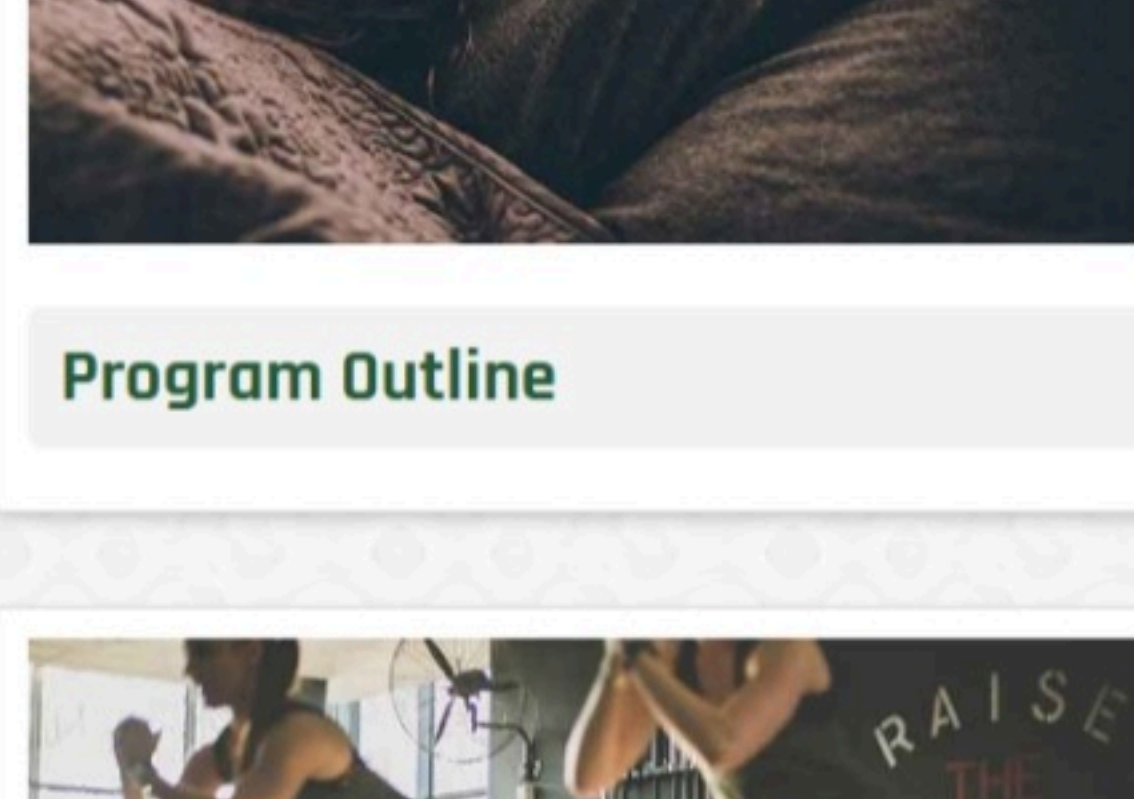
**Sleep Session**

This one-time session is designed to help you recognize how important sleep is, which will then allow you to get on the path to better sleep. During the session you will be able to take various assessments, learn about sleep disorders and also learn what you can do for better sleep.

**Program Cost:** FREE

[Program Outline](#)

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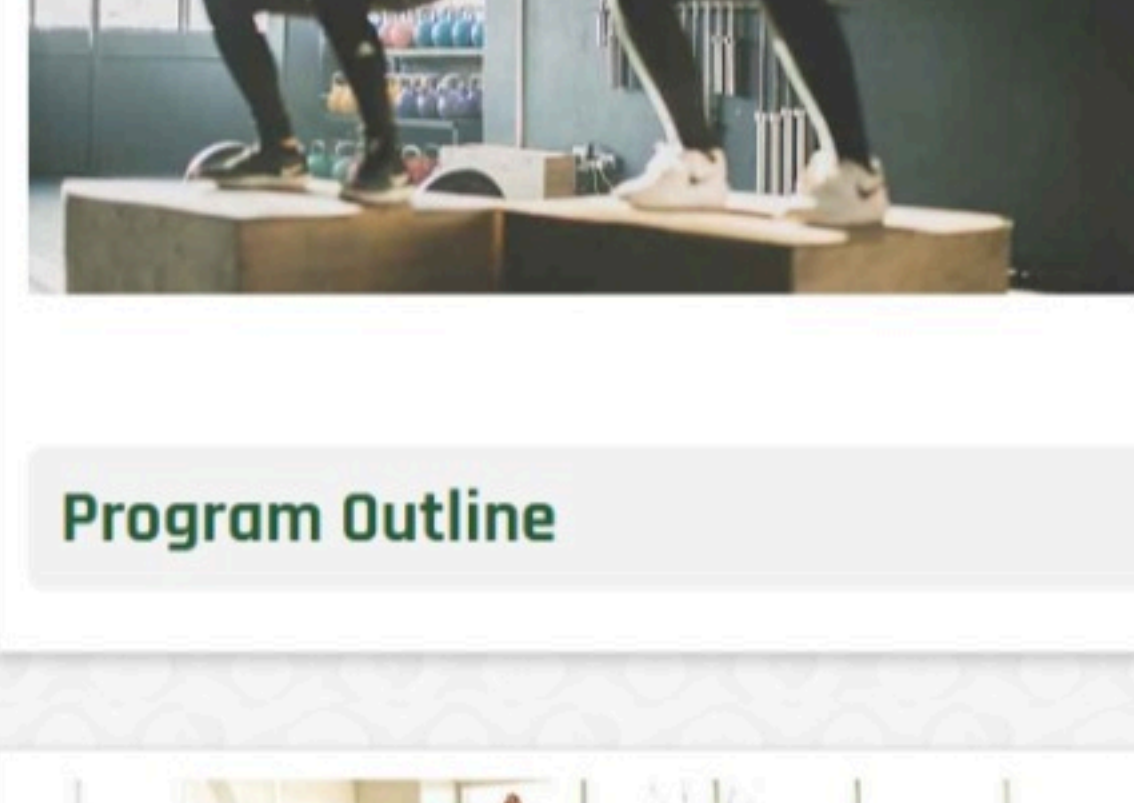
**Physical Fitness Program**

The Physical Fitness Program is a 3 week one-on-one program for those who want to learn more about the different types of exercise recommended by the American College of Sports Medicine. Participants will receive detailed information about the benefits and different types of aerobic exercises, strength training and flexibility. The program provides easy-to-understand information and many handouts for specific aerobic exercises, strength training exercises and flexibility exercises.

**Cost of program:** \$15 for the 3 weeks (*financial waiver available if needed*)

[Program Outline](#)

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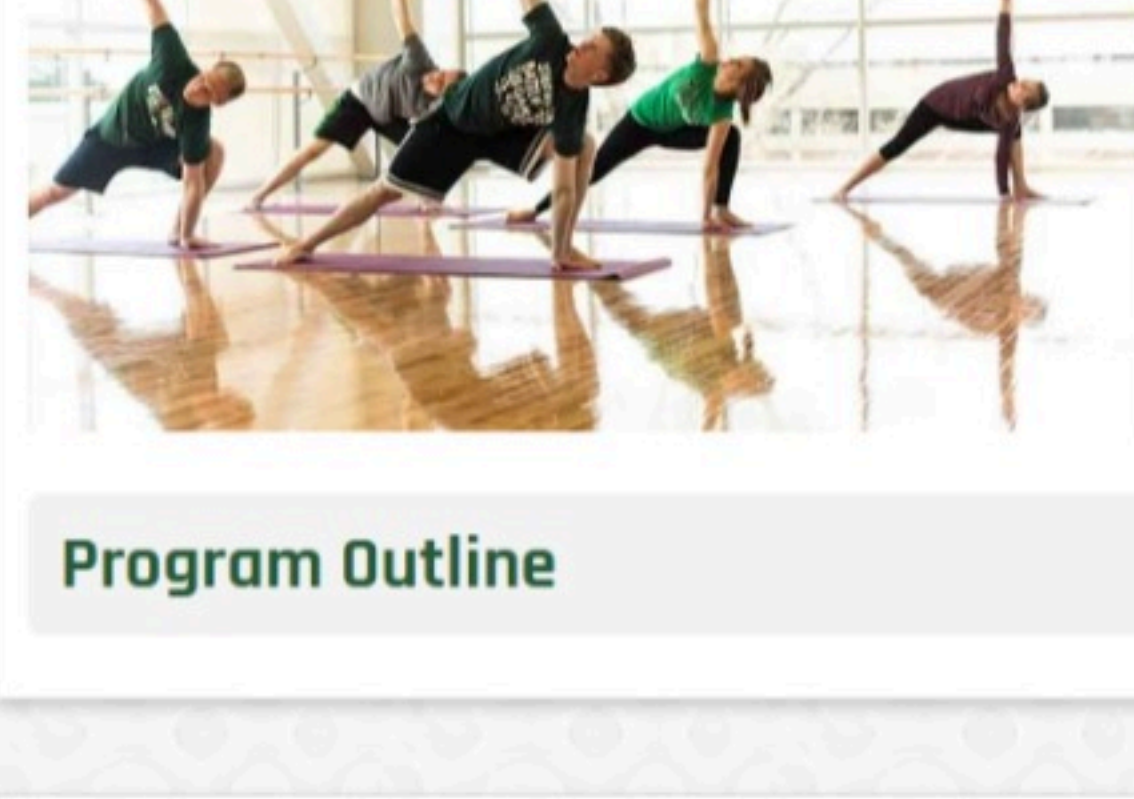
**Making Exercise a Habit**

This one-time session is designed to help you recognize how important exercise is and the many benefits that come with regular exercise, which will then allow you to get on the path to making it a habit!

**Program Cost:** FREE

[Program Outline](#)

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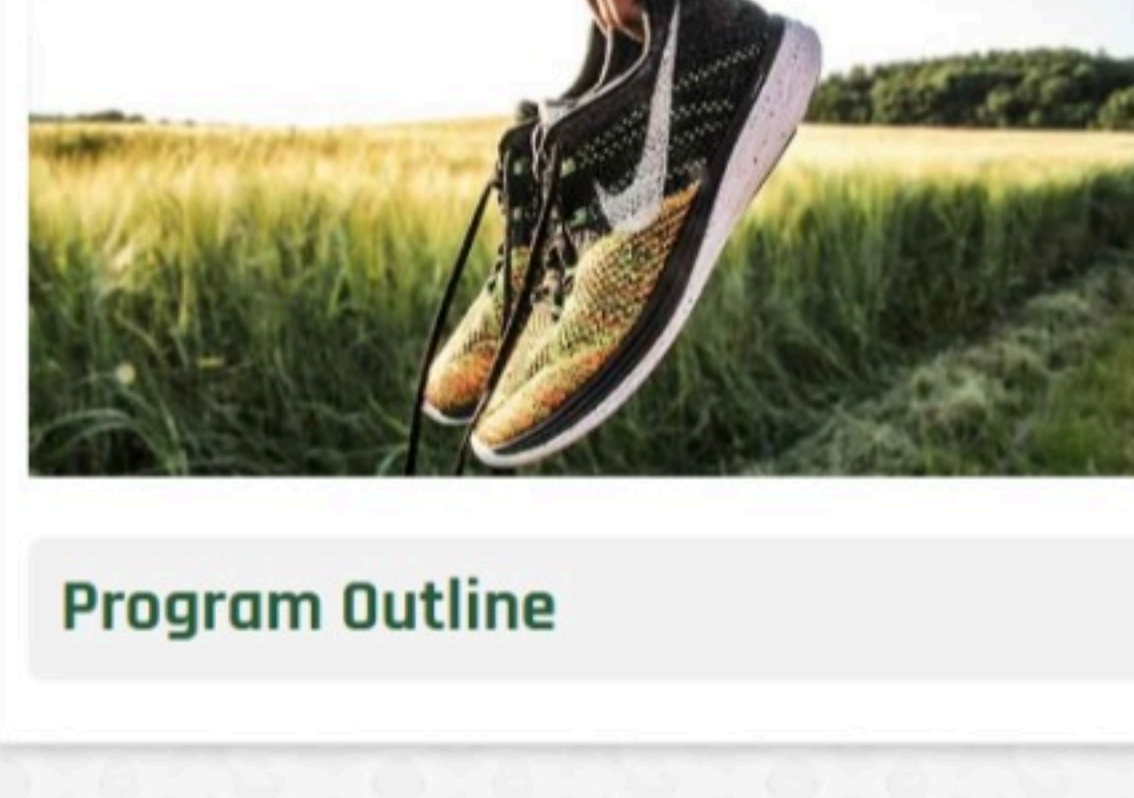
**Running**

Running can be hard and many people don't know where to start. This one-time session is designed to help you learn about how to start and stick to a running program.

**Program Cost:** FREE

[Program Outline](#)

[REGISTER NOW](#)



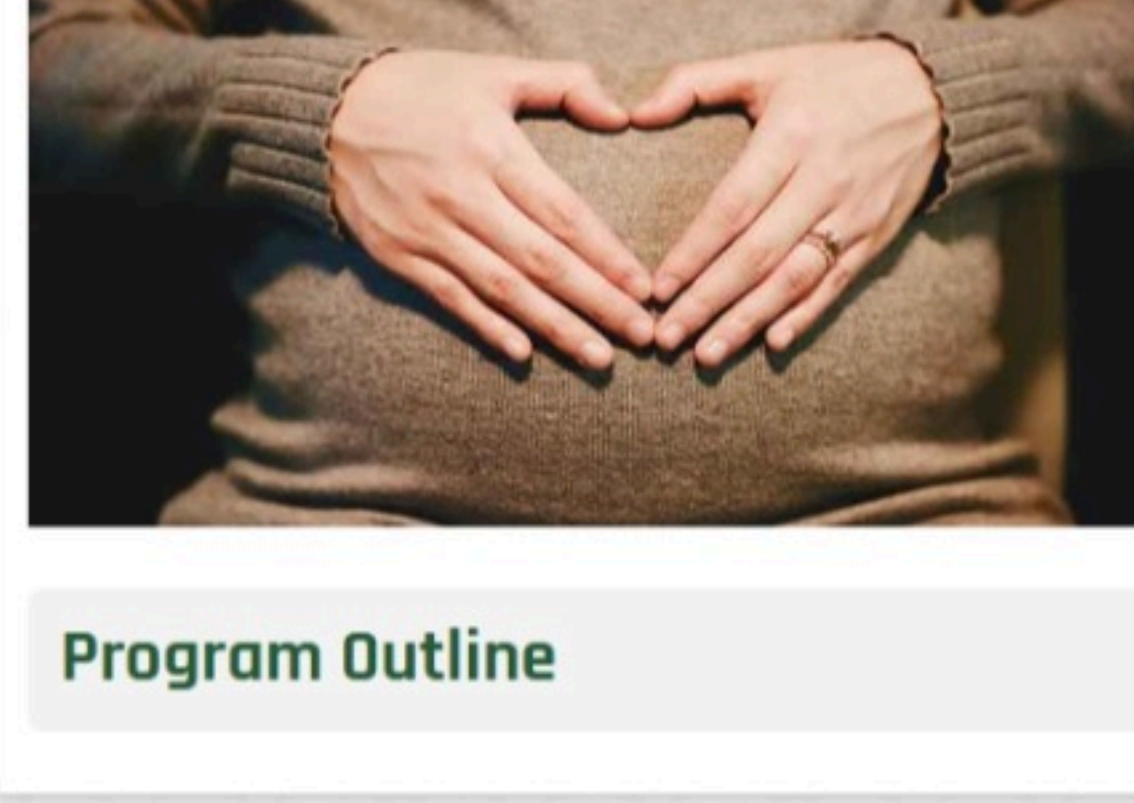
**Prenatal**

This one-time session is designed to help you recognize the special needs that are required for a healthy pregnancy. During the session you will learn about the changes that occur in the body during pregnancy and how nutrition, physical activity, and other factors contribute to a healthy pregnancy.

**Program Cost:** FREE

[Program Outline](#)

[REGISTER NOW](#)



**Blood Pressure**

This one-time session covers the basic definition of blood pressure and what creates high blood pressure. The information will be helpful for those who have recently been diagnosed with hypertension, or pre-hypertension who are seeking to learn more about the condition. The program provides several lifestyle changes to prevent high blood pressure or reduce the symptoms you have now. We will be taking your blood pressure during this session.

**Program Cost:** The session fee is \$5 which includes the session materials and the blood pressure test.

[Program Outline](#)

[REGISTER NOW](#)



**Coping with Celiac Disease**

This program is designed to give information about Celiac disease, which will help you better cope with the disease. It will also provide you with greater understanding of resources available to you.

By following the tips and principles from this program, you will find it easier to manage the disease and better adapt to the lifestyle you are required to live.

**Cost of program:** FREE

[Program Outline](#)

[REGISTER NOW](#)

## Register to Participate in our Health Coaching Programs

Your first Name:

Your last name:

Please enter your email: \*

Please confirm your email: \*

Cell Phone (xxx)xxx-xxxx:

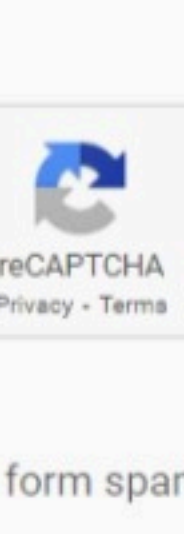
Home Phone (xxx)xxx-xxxx:

UVID: \*

Select the program you would like to participate in:

- Blood Pressure
- Celiac Disease
- Never Diet Again - Intuitive Eating
- Nutrition Strategies
- Plant Based Nutrition
- Meal Planning
- Tobacco Cessation
- Stress Less
- Live Happy
- Healthy Relationships
- Sleep Session
- Physical Fitness Program
- How to Make Exercise a Habit
- Running
- Prenatal

Preferred Day/Time:

I'm not a robot 

reCAPTCHA helps prevent automated form spam.  
The submit button will be disabled until you complete the CAPTCHA.

Contact Information

Wellness Programs | [uvuwellnessprograms@uvu.edu](mailto:uvuwellnessprograms@uvu.edu) | (801) 863-5553 | Room SL-211

### STUDENT

- [ADMISSIONS](#)
- [ACADEMICS](#)
- [CAMPUS LIFE](#)
- [LOOKING TO ATTEND UVU](#)
- [CURRENT STUDENT](#)
- [ACCREDITATION](#)

### EMPLOYEES

- [CAREER OPPORTUNITIES](#)
- [EMPLOYEE RESOURCES](#)
- [DIRECTORY](#)
- [PEOPLE & CULTURE](#)

### COMMUNITY

- [ATHLETICS](#)
- [VISITORS & COMMUNITY](#)
- [OFFICE OF THE PRESIDENT](#)
- [ABOUT UVU / HISTORY](#)
- [ALUMNI](#)
- [INCLUSION & DIVERSITY](#)
- [ESPAÑOL](#)
- [GIVE TO UVU](#)
- [CONTACT US](#)

### UTILITY

- [COVID-19 INFO](#)
- [MAPS / PARKING](#)
- [SERVICE DESK](#)
- [EMERGENCY](#)
- [POLICE](#)
- [GET HELP](#)
- [SEARCH](#)
- [ACCESSIBILITY](#)
- [TITLE IX / EQUAL OPPORTUNITY](#)