

Ever wonder what it's actually like to talk with a health coach?

It's not about being judged or told what to eat; it's a collaborative conversation that helps you uncover what works for you. In a typical session, your coach will ask thoughtful questions, listen to your experiences, and offer practical strategies that align with your lifestyle.

Here's a sneak peek at how a real conversation might sound when exploring a common topic like portion control and lasting weight loss:



HEALTH COACH

What's your experience with reducing portions to lose weight?

A lot of people feel that way. What if you could eat more of the right foods, feel full, and still lose weight?

It starts by "right-sizing" portions. Foods high in water and fiber—like salads, fruit, or veggie soups—help fill you up on fewer calories.

Exactly! Let's take it a step further and turn that into a SMART goal—something Specific, Measurable, Achievable, Relevant, and Time-bound. Want to try drafting it together?

Perfect and focused on what works for you. Let's check in next time to see how it goes!

RETHINKING PORTION CONTROL

PATIENT



I've tried, but I always felt hungry and gave up. I lost weight at first, but it came back.

I'd like to hear more. How does that work?

So I don't have to eat less of everything; just make better choices to stay full?

Sure. Okay... How about: I will eat a side salad, fruit, or veggie soup before dinner at least 4 nights this week?