

HEALTH & WELLNESS COACHING - THE ESSENTIALS

Home Confidential Help Specialty Consultations Health & Wellness Coaching

Losing weight, managing stress, tackling transitions – if you're ready to make some life changes, free consultations with a Military OneSource health and wellness coach can help. Coaches can help you make a plan to reach your desired goals, keep on course and celebrate your achievements.

- Health and wellness coaching is available for weight management, fitness, nutrition, and stress management.
- Coaches also can help with life transitions such as deployment, moving, becoming a parent and more.
- Coaching is a free resource available generally for service members and their family members. See the article for more about eligibility and how to get started.

Relevant Articles:

- [Take Command of Your Well-Being With a Health and Wellness Coach](#)

Relevant Resources:

- [Summer Fun and Fitness Fact Sheet](#)