



As a Lake Michigan Credit Union employee, we want you to achieve optimal health and well-being. We know that happy, healthy employees directly impact our business and we are giving you all the tools you need to feel successful in your wellness journey. All employees have access to a personal health coach through Allegro Coaching. No matter where you are now, get a jump start on where you are headed. Coaching is for anyone who desires to improve their health and needs both the ongoing accountability and the resources to navigate new skills, beliefs and action. Since coaching can be done either virtually or in person, you can access your own personal health coach whenever it best fits your schedule.

What Does a Coaching Session Look Like?

During your first health coaching session, you will sit down with your coach and simply get to know each other! Health coaching can be intimidating. That first session is a chance for you to get to know your coach, but also a chance for your coach to get to know you. You will talk through your current activity and nutrition habits, and begin to establish a wellness vision. What do you want your life to look like three years from now? This wellness vision helps the coach dissect your goals, and it helps you as the client to get a better idea of where you're headed. After the first session, you and your coach will begin to deep dive into your bigger wellness vision and break it down into small, attainable goals to get you exactly where you want to be. By checking in weekly or bi-weekly, you have an opportunity to try out the goals that you set in your session and decide if they're really working for your life. If they are, great! You'll add onto that. If not, that's ok too! You'll have a chance to talk to your coach about what didn't work, and begin to explore shifts that you can make to your lifestyle or goals to get you where you want to be. Coaching is flexible, and you constantly have a resource available to you to help you when you feel like you're slipping.

How Does Coaching Actually Help Me?

As humans, most of us know exactly what we need to do in order to achieve our ideal health, but getting ourselves to do those things can be difficult. We're constantly bombarded by conflicting information about health and wellness, and it's easy to be guided down the wrong path, or start to question our intuition when it comes to our own health. This is when most people fall into the fad diet trap, and begin to feel frustrated when they realize they can't maintain that lifestyle long term. A health coach helps you dissect that information and make informed decisions that are right for your body and your life. Beyond that, health coaches serve as a point of accountability. Small missteps that may have thrown you off for months in the past, now only throw you off for a week at most before you check back in with your coach.



Coaching Options Available



Option One - Personal Health Coaching

Health coaching is a collaborative relationship built around goal-setting and consistent accountability which results in sustainable change for the good. At Allegro, we explain health coaching as a partnership. You know YOU better than our coaches ever will. Health coaching is not prescription based, but rather a productive relationship to help you get where you want to be. In health coaching, we take a holistic approach to help you with stress management, weight loss, self-care, nutrition consistency, activity goals, tobacco cessation, etc.

Option Two - Personal Fitness Coaching

The fitness coaching program is a series of personal training sessions designed to help you move towards or attain your goals. Whether you've been working out for years and want help developing a new routine, to build strength or increase your flexibility, or you've never exercised in your life, fitness coaching is perfect for you. From kettlebells and dumbbells to barbells, bodyweight, and bands, the trainer has extensive experience and will put together a fantastic and appropriate workout just for you.

Option Three - Tobacco Cessation Coaching

At Allegro Coaching, we understand that tobacco addiction can be a lifelong battle. We believe that through tobacco specific health coaching, individuals are prepared to attempt the hardest lifestyle change they may ever face. Our trained coaches know how difficult tobacco addiction is, they know the stigma that users face daily, and they come to each encounter with employees compassionately. Our individualized coaching helps to meet you where you're at, whether that's planning to quit or discussing the benefit of quitting for the first time.

To get started...

Simply email emma@allegrocoaching.com and we'll help you find the best coach for your goals and availability. You receive six (6) complimentary coaching sessions.



Meet Your Coaches

▶ From Allegro Coaching



Coach Emma - Health Coaching, Tobacco Cessation Coaching, Fitness Coaching

Meet LMCU's onsite health coach! Coach Emma has been in the fitness industry since 2015, starting her career as a group exercise instructor. Emma quickly realized that she wanted to be involved with people's journey on a more personal level. Soon after receiving her group exercise certification, Emma completed her personal training certification. After working with clients one on one and realizing the need to approach health and wellness holistically, Emma received her Behavior Change Certification and began coaching clients

on lifestyle choices and stress management, where she now specializes in mindfulness and meditation. Emma wholeheartedly believes in a full body approach to wellness, and her goal is to help people understand that health doesn't have to be complicated, but it does have to include a mind, body and soul approach. You can meet with Emma telephonically, or in-person weekly at corporate!



Coach Jess - Health Coaching, Tobacco Cessation Coaching

Coach Jess has a BS in Clinical Exercise Science and Psychology. She is a Certified Health and Wellness Coach through Wellcoaches, ACSM, as well as a Tobacco Treatment Specialist. She serves as the Director of Corporate Wellness at Allegro Coaching.

Committed to always learning and staying up to day on the science of behavior change, Jess just completed a fellowship with the National Cancer Institute in Maryland conducting research on the emotional and social predeterminants of health behavior

(tobacco usage, physical inactivity, dietary habits). She is driven and excited about healthy behaviors, particularly in the corporate setting. She helps manage corporate accounts, assists with corporate consulting, data management, corporate coaching, and onsite presentations. She is also the lead tobacco-specific coach for Allegro Coaching.



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Coach Tiffany - Health Coaching, Fitness Coaching

Coach Tiffany graduated from Calvin College with a degree in Exercise Science and was also a member of the women's basketball team. She is certified through ACE as a Certified Personal Trainer and is also a Level 1 Functional Movement Screening Specialist. She enjoys building relationships with individuals of all ages and fitness levels. Her main goal as a trainer is to help others achieve the best version of themselves physically and mentally.



Coach Heiki - Health Coaching (with a focus on nutritional consulting)

Coach Heiki is a Registered Dietitian with 10+ years in the field of nutrition. She is also a mother of two beautiful elementary school girls, a wife, an avid marathoner, and a great lover of all things dog. Heiki believes in making educated choices about food. When you can remove guilt and shame, your food choices become neither good nor bad, and you can finally find balance. Her goal is to help you eat and live with less shame, improve health by starting where you are and not where you believe you "should" be, and ENJOY real food.



Coach Tracie - Health Coaching (with a focus on nutritional consulting)

Coach Tracie is a Registered Dietitian with many years of experience in the area of clinical nutrition and working in hospitals. She has moved into the world of wellness to help impact people's lives before they go to the hospital and require her services. She is a mother of three pre-teens, a wife, and an avid runner. She believes that nutrition guidance should come from a place of research and sound science instead of the "shock and awe" world we often live in.