



Health Coaching

At Eaton Sport and Spine, we recognize the importance of taking care of the whole body. We now offer health coaching to help you take control of your health in a safe and sustainable way. Get personalized support to begin your journey today.

What can Health Coaching do for you?

Nutritional Counseling



Eating healthy can be challenging. You will learn ways to improve your diet and nourish your body with real food, no products required.

Exercise Support



Whether you have never finished a workout or exercise consistently, learn new ways to incorporate physical activity into your day.

Lifestyle Changes



Learn how to make simple modifications to your habits that will improve your health and fitness and help you reach your goals.

Weight Loss



Obesity is a major issue and many people struggle with weight. Learn how to manage what you eat to achieve sustainable weight loss.



One Step at a Time

To achieve sustainable results, it takes time. One thing that sets our health coaching apart from what you will find elsewhere is a long-term commitment. By setting realistic goals, and making simple changes, one at-a-time you will learn exactly what your body needs to reach its full potential.



Meet the Coach

Kelli Sanderson is a recent graduate from Minnesota State University, Mankato. She received her degree in Exercise Science. With education in nutrition, physiology, anatomy, biology, chemistry, and fitness methods, she is well-qualified to help you reach your goals in safe and healthy ways.

Personalized Support

Our Health Coaching Service is one-on-one support in a safe, non-intimidating environment. We know that no two individuals are alike, so we provide customized goal plans, advice, and guidance.

Real Numbers, Real Results

Health coaching is complementary to our BIA testing. BIA testing is a form of body composition analysis. Tests are painless, non-invasive, fast, and easy. By performing a 5-minute BIA test, we can get real data to see exactly how your body is changing and adapting to your new lifestyle.

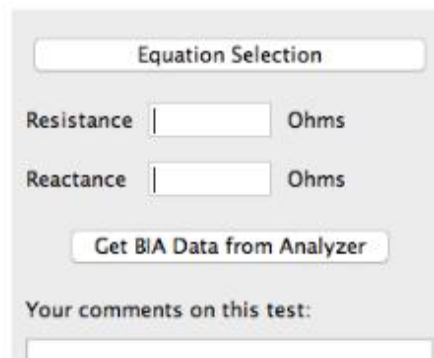


◀ Bioelectrical Impedance Analysis

A technology that uses a small, undetectable electrical current to determine the data.

Process

Two electrodes will be attached to your hand and two to your foot. Weight, height, gender, and data from the BIA machine will be entered into the software.



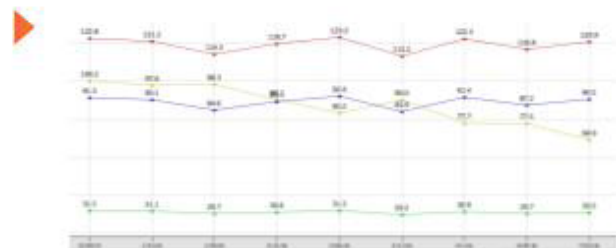
	Amount
Weight	123.0 lbs
Fat	31.9 lbs
Fat-Free Mass (FFM)	91.1 lbs
Lean Dry Mass (LDM)	22.8 lbs
Total Body Water (TBW)	68.3 lbs
Intra-Cellular Water (ICW)	36.9 lbs
Extra-Cellular Water (ECW)	31.4 lbs

◀ Results

You will receive data on body fat percentage, hydration status, lean dry mass, and a global measure of cell-health.

Next Steps

One BIA test provides a baseline for your body composition. Successive tests can show exactly how your body is adapting: if you are gaining muscle and bone density, losing fat, and staying hydrated. Using your own data, we can further adapt and personalize your plan to help you achieve your goals.



Cost

We offer a variety of plans to best meet your needs, whether you want to try it once or are committed for the long-run. The cost of an appointment includes a BIA test and a handout of your results to take home.



Initial Test

If you are a new client, we offer a first-time special. 30 minute consultation appointment for \$20



One-time Appointment

One 30 minute appointment for \$25. Take a punch card with you: buy 4, get 1 free



Packages


Ready to commit? Save when you purchase a 6 appointment package for \$110 or a 12 appointment package for \$168

Celebrating Success

"I would like to thank Kelli Sanderson at Dr. Eaton's Chiropractic office for her assistance in getting me back on track with my nutrition and reversing some medical conditions that had been plaguing me for a long time. With her help, I have been able to lose weight and regain the energy and motivation to exercise and make changes in eating patterns that have brought some remarkable results. Kelli is always so positive and encouraging and does not let me be hard on myself. With her help, I have lost 35 pounds, regained a normal blood pressure and greatly improved glucose levels. I know that I will reach my goals because I have made 'lifestyle changes' not just been on a diet. I can't wait to see her each month and celebrate my success."

- MK

www.eatonsportandspine.com
507-377-1570

 Eaton Sport and Spine Clinic

 eatonsportandspine@gmail.com