

OSU HEALTH PLAN GROUP HEALTH COACHING PROGRAM DESCRIPTIONS

BREAKING BARRIERS TO PHYSICAL ACTIVITY

Discover the power of physical activity, overcome common roadblocks, and design a fitness routine that fits your lifestyle and keeps you motivated long-term.

BUILDING HABITS, ROUTINES, AND RITUALS FOR WELL-BEING

Master the art of habits, routines, and rituals to support your health goals. Learn strategies for each category and develop steps to bring your goals to life.

BUILD YOUR OWN EXERCISE ROUTINE

Create a balanced exercise routine that covers all your fitness needs by learning how to incorporate aerobic, strength, balance, and flexibility into your plan.

CREATING CALM – PRACTICAL SKILLS FOR STRESS RELIEF

Learn relaxation skills such as deep breathing, guided imagery, mindfulness, and muscle relaxation. Gain practical tools to recharge anytime you need.

FOODS THAT FIGHT INFLAMMATION

Uncover the link between chronic inflammation and chronic disease while exploring anti-inflammatory foods and lifestyle changes for better health.

GET MOVING FOR MENTAL WELL-BEING

Discover the mind-body benefits of exercise, including stress reduction and improved focus, with active breaks and valuable resources to inspire new activities.

IMPROVING YOUR GUT HEALTH

Unlock the secrets to a healthier gut! Explore evidence-based strategies to improve digestion and boost energy through dietary choices and lifestyle habits.

MAKING TIME FOR ME

Transform your approach to self-care by diving into the essentials of time, energy, and attention management! Discover actionable strategies to help you do more and feel better in your daily life.

MEAL PREP FOR SUCCESS

Take control of your meals by mastering meal planning and prepping! Explore essential kitchen tools, gather helpful resources, and create a tailored plan for you and your family.

MINDFUL MOMENTS

Discover the benefits of mindfulness, learn techniques to overcome challenges, and practice exercises that help you refresh your mind and reset your focus.

MISSION POSSIBLE – GET ENERGIZED ON THE GO!

Get quick, effective tips for enhancing your well-being in essential wellness areas. Discover simple steps you can take to boost energy and improve health each day.

SEASONAL WELLNESS SERIES

Keep your wellness routine fresh with a series focused on the current season! Learn key strategies in healthy eating, active living, and emotional well-being, designed to keep you healthy any time of year. *Options:* Spring into Wellness, Summer Wellness, Fall into Wellness, Winter Well-Being

SLEEP WELL FOR WELLNESS

Transform your sleep for better health! Learn why quality sleep matters, discover simple changes to enhance your rest, and set achievable goals to ensure you sleep well after the series.

STARTING A RUNNING OR WALKING PROGRAM

Start your running or walking journey with a beginner-friendly series! Learn to structure your program, select the right gear, and plan nutrition to fuel your workouts.

THE ULTIMATE NUTRITION GUIDE

Learn how to create balanced, nutritious meals in this ultimate nutrition series! Gain practical tips, explore new recipes, and feel confident making healthier food choices.

THE WHOLE YOU – 10 WAYS TO WELL-BEING

Create a new path to wellness through a comprehensive exploration of its dimensions, and craft an integrated plan that supports your unique wellness journey.



Ready to request your group? Complete our brief [online request form](#).