



Your Right to Practice

7 Essentials of Health Coaching

1. Globally, Health Coaches are poised to become an integral part of an emerging preventative healthcare model. By helping clients develop and progress towards their personal wellness goals, Health Coaches fill a vital void that complements and does not replace the work of healthcare professionals
2. If Health Coaches are upfront about their qualifications, their speech is truthful and non-misleading and do not engage in the practice of medicine; there is no law, in any country, that we are aware of that prevents the providing of general wellness and nutrition services.
3. In the United States, the First Amendment to the Constitution as well as the federal protections of truthful and non-misleading commercial speech allow Health Coaches to provide health and wellness coaching.
4. Health Coaches work in many settings and, among other services, provide wellness and nutrition information; options, recommendations, guidance, and motivation to establish healthier lifestyle routines; and other support mechanisms for achieving client-determined personal health goals.
5. Health coaching is recognized as an important tool to improve health outcomes by some of the most acclaimed health institutions in the world including the World Health Organization, the Center for Disease Control and the United States Preventative Services Task Force.
6. Internationally, the demand for global health and wellness practitioners is in high demand as countries struggle to address their growing obesity epidemics.
7. In the United States, state legislatures, federal courts and even federal government have consistently affirmed the need for additional practitioners and increased competition in the field of health and wellness services. The application of decades old dietetics practice laws to the new, vibrant and growing field of client-driven health coaching will likely be invalidated by courts.

Please Email info@iahcnw.org if you have questions.