

Health Coach

INDUSTRY FACTS



What do health coaches do?

Sure, most folks know they should try to eat right and hit the gym a few times per week. But that's easier

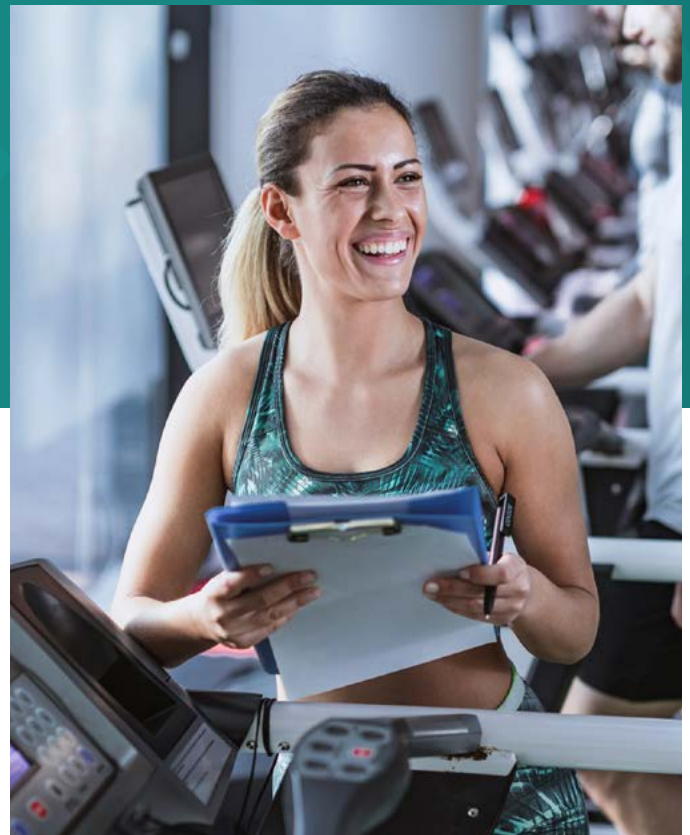
said than done. Health coaches provide the motivation people need to take their common-sense knowledge and turn it into effective action.

Here's a breakdown of their responsibilities:

- Educating communities about nutrition and other health-related issues
- Building exercise and nutrition programs for individuals
- Advising people based on personal goals

Where do they work?

Health coaches work in a variety of environments that range from private businesses and hospitals to doctor's offices and colleges.



How much do they earn?

According to the U.S. Bureau of Labor and Statistics, the average salary for this role is \$46,000. Just remember that salaries vary based on location, facility, and experience level.

How's the job outlook?

Employment of health coaches is projected to grow 11% through 2028, much faster than other occupations.

"I was very impressed with what CareerStep had to offer. Affordable pricing for a comprehensive program, combined with the support and flexibility I needed. A perfect choice!"

JESSICA C., CAREERSTEP LEARNER

Health Coach

PROGRAM DETAILS

Improve Your Life

When it comes to career training, you'll find a lot of posers out there. Con artists that'll try to impress you with fancy hyperbole. But through all the noise, the distinct sound of success can be heard. Your success. All it takes is a little push. A nudge in the right direction—and your whole life could change. New doors opened. New worlds discovered. New opportunities explored. With CareerStep, it all could happen in as little as 4 months.

Prepare For A Better Job

Motivation is in short supply these days. So is knowledge. As a health coach, you'll get to share both with the world. And, in turn, you'll help people live healthier, happier lives.

Learn Your Way (From Home)

With online training, you can absorb more knowledge and learn more skills—fast.

- Study on a schedule that fits your life
- Progress at a pace that matches your learning style
- Adjust the time and effort you devote to your coursework each day

Receive Coaching and Guidance

When you train with CareerStep, we back you every step of the way—from enrollment through course completion.

- Learner support
- Technical support
- Career support (interview coaching and resume reviews)

Program Modules and Approximate Completion Hours

Module Name
Introduction to Nutrition for Health, Fitness, and Sports Performance
Healthful Nutrition
Human Energy
Carbohydrates - the Main Energy Food
Fat - Exercise Energy Source
Protein - the Tissue Builder
Vitamins
Minerals
Water, Electrolytes, and Temperature
Body Weight and Composition
Weight Management
Food Drugs and Supplements

TOTAL HOURS = 265