



UMove

Physical Activity Coaching

Make a Move

Make informed decisions that will transform your health through the **UMove** coaching program. Discover the benefits of being active, implement a personal fitness routine, incorporate activity into the workday, learn the difference between low impact and high impact exercises, prevent injury and maximize physical activity through stretching.

Elevate Your Well-being with Health Coaching!

Health and wellness shouldn't be complicated. Health coaching sessions keep it simple by providing an extra boost of nonjudgmental and confidential encouragement as you work toward your goals. Via expert guidance and personalized support, health coaches help redefine and prioritize what health and wellness mean to you while establishing a strong foundation for long-term impact.

How Do I Get Started?

- Call our friendly team at **800.882.2109** and let them know you're ready to prioritize your well-being.
- Reach out to us via email at **coaching@marqueehealth.com**. Share a brief introduction about yourself and your wellness aspirations, and our team will promptly respond to assist you in finding the perfect Health Coach match.



MARQUETTE
UNIVERSITY

My Wellness

