



INTERNATIONAL ASSOCIATION
FOR HEALTH COACHES™



Your Right to Practice

7 Essentials of Health Coaching

1. Globally, Health Coaches are 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. There is no law (that we are aware of) in any country that prevents Health Coaches from providing general wellness and nutrition services. Health Coaches must be up front about their qualifications and not engage in the practice of medicine.
3. Health Coaches are legally allowed to provide health and wellness coaching thanks to recent court victories in the United States and federal protections of truthful and non-misleading commercial speech. In fact, state boards and their members are now civilly and criminally liable if they seek to limit the services Health Coaches provide.
4. Health Coaches work in many settings to provide wellness and nutrition information, guidance, and motivation to establish healthier lifestyle routines as determined by the client.
5. Health coaching is recognized as an important tool to improve overall health by some of the most acclaimed health institutions in the world, including the World Health Organization, England's National Health Service, The Royal Australian & New Zealand College of Psychiatrists, the Centers for Disease Control and Prevention, and the U.S. Preventive Services Task Force.
6. Internationally, the demand for global health and wellness practitioners is high, as countries struggle to address their own growing obesity epidemics.
7. The need for additional practitioners and increased competition in the field of health and wellness services is consistently affirmed by private businesses, the United States' state legislatures, federal courts, and federal government. The new, vibrant and growing field of client-focused health coaching has replaced the old, outdated dietetics practice laws that have become invalidated by the courts.



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