

# welcome to wholee healthy!

*A holistic approach to healthy living*



*Founded by Jessica Kociemba, 2018*

welcome to wholee healthy!

My name is Jessica Kociemba, and I formed wholee healthy after my own successful weight loss journey. I was so happy with my success that I felt compelled to help others find success as well. Getting on a healthy track in life is tough! That is why my work at wholee healthy is so important to me. I have been in your shoes before and know it can be overwhelming to take on a lifestyle change. Reaching out for help can be even more difficult! But, that is why I formed this company. I am here to help ease the path to your lifestyle change with guidance, support, and motivation. It brings me such a deep sense of fulfillment to watch clients succeed and find a new, healthy lifestyle that they love. Every client that comes to me is seen as family. I am here for you! My overall goal is to only work with clients once. I want to empower you and support a change that lasts for life! I am fully committed to each individual that seeks my services, and welcome you wholeheartedly to the wholee healthy family! I am so excited to have you as a client and work with you to better your health!

About Me: I grew up in Waconia, Minnesota and attended Lutheran schools K-12 where I played sports and formed a close relationship with God. I attended Augsburg College and played volleyball there for four years while coaching volleyball and conducting fitness research through my education program. I received my B.S. in Health and Physical Education and taught and coached for two years in Minnesota before relocating to Arizona with my fellow Augsburg grad husband, Joel. I continued teaching and coaching for two more years before having our daughter, Naomi. I then became a stay-at-home mom. At this time, I lost 30 pounds, trained for a half-marathon, and was inspired to create wholee healthy. Since then, I have worked with clients pro-bono and created a free health



accountability group for women on Facebook called Bestyou Boot camp. We also recently welcomed our second daughter, Norah!

**Holistic Health:** When I was teaching health, the core of my health education curriculum was holistic—meaning looking at ALL facets of life. This is the approach I used to lose 30 pounds. It is SO important to look at the whole person and all of the different elements that affect physical health. The Dimensions of Health include: Social, Spiritual, Environmental, Intellectual, Mental/Emotional, and Physical. The main goal is to have each of these different dimensions working together to support a lifestyle change that is sustainable.

**The Process:** My emphases are in weight loss, diet plans, and exercise programs for clients. I am a Beachbody coach and love the workouts and products, but know they are not for everyone. I utilize the dimensions of health by setting goals with clients in each dimension that support their physical health goals. Because each client has a very unique background, each plan is custom-made for each individual. I begin

with an in-depth questionnaire, and then, take that information and form goals in each dimension of health. Because there are so many different facets of health, we prioritize one to three goals above the rest. In order to reach these goals, we take the goals and break them into monthly and weekly goals and then form action steps or smaller, more manageable tasks that work towards the final goals. The client then has a few priority action steps (the "have-to's") they need to work on each week for these priority goals. The action steps from the other goals ("want to's") can be completed, but only if the client can do so comfortably without overwhelm.

After we form these goals and action steps and prioritize them, the real work starts. Clients can choose the amount of contact they have with me

## 6 Dimensions of Health



throughout the process (I am open to questions and communication as much is needed and respond as soon as possible). But, I will do casual weekly check-ins and in-depth monthly check-ins. For each client, the process is broken down into "phases". There are three phases to the program, Phase 1, "Building a Base", Phase 2, "Sharpening Skills", and Phase 3, "Sustaining Success".

"Phase 1 is "Building a Base". This is where the client will really focus on their priority action steps to make them habits. The client also has the flexibility to work on the other "secondary goals" as they feel they are able. We troubleshoot and celebrate with casual weekly check-ins. Then, we adjust the plan with in-depth monthly check-ins (that last throughout the program) according to the client's progress. After the client feels that they have formed sustainable habits and have made significant progress towards reaching their goals (or reached them all together), then we begin phase 2.

Phase 2 is "Sharpening Skills". In this phase, the client will choose another set of goals ("secondary goals") to work towards while maintaining the original habits they have formed. Again, once they feel they have made the action steps habits, they can move on to another set of goals. We repeat this process until the client feels they have a grasp on all of their original goals and are consistently incorporating the behaviors in their lives as habits. Throughout this phase, we continue to check in on past goals and habits to ensure they are sustained. In this phase, we can add new goals and work through them as well. We continue to work through this phase until the client feels comfortable with where they are in life and/or feels they have the hang of how to create and achieve new, tangible goals. When they get to this point, we move on to phase 3.

Phase 3 is "Sustaining Success". In this phase, I work with clients to retain their newly formed habits. We pinpoint what helped them succeed and what obstacles made it difficult. Using this information, we make a

long-term plan for sustaining their newly formed habits. I gradually taper off check-ins over the next months and will continue to check in with clients every now and then for life... like I said, each client is family!

I do not have a set number of days or an end date to any of the phases or the program in general because I encourage clients to gradually make changes at their own pace, form habits, and firmly ground these new behaviors into their lives, so they last a lifetime. My recommendation is that clients give the program at least 6-12 months to really ingrain the new, healthy habits they have adopted into their life permanently. I will work with clients for as long as they would like to continue receiving my coaching services. If at any time a past client seeks my services again, I will help them explore what tripped them up and go through the process with them again as many times as needed. However, it is my hope and goal that each client I work with finds lifelong success!

Jessica Kociemba

Founder of Whole Healthy 2018

Founder of BestYou Boot camp 2019

# Holistic Health

Holistic health is an in-depth perspective on health that encompasses multiple facets of our lives. When I was a health teacher, this is the first lesson I would focus on because it is important to understand that different areas of our lives are intertwined and are constantly affecting one another. The 6 Dimensions of Health are:

- Physical Health
- Mental/Emotional Health
- Social Health
- Intellectual Health
- Spiritual Health
- Environmental Health

6 Dimensions of Health



## Physical Health

The Physical Dimension of Health is all about our physical bodies. This is the only body we get, so we need to take the best care of it possible! The way we treat our body is reflected in our appearance and physical health. The three pillars that I believe physical health is built on are sleep, exercise, and nutrition.

### Sleep

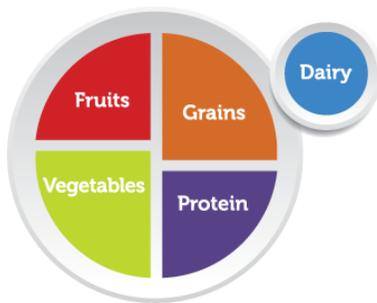
Sleep is something that is very undervalued in the US. It is recommended that adults get at least 7 hours of sleep a night, and this may not be



enough for all individuals. Sleep aids in memory retention, learning, digestion, weight management, stress management, and so much more. Our bodies are designed to need rest and recovery. If you aren't getting enough, make it a priority to greatly improve your life!

## Exercise

Exercise is not just a tool to lose weight or make your body look better. It is proven to improve a person's mental health by releasing serotonin, a "happy" chemical, into our brains that lifts our moods. It is even recommended by doctors as one of the first solutions to fight depression. In addition to this, it helps fend off or improve the symptoms of almost every kind of disease out there. It also gives us more confidence, helps with brain function, and increases our lifespan. Making it part of your daily routine shouldn't feel like work. It is important to find an exercise routine that you enjoy and can sustain long-term.



## Nutrition

The food that we eat is vital to help prevent disease, produce energy, and manage our weight. Food is what fuels our bodies and helps them function. The typical American diet is very carb-heavy and fails to meet our nutritional needs. Eating a variety of foods from a variety of food groups is the only way to ensure that our body is getting the vitamins and nutrients it needs to function properly.

## Mental/Emotional Health



The Mental and Emotional Dimension of health is a person's outlook on life, self-talk, confidence, and reaction to tough situations. This is where our

words, actions, perseverance, and, ultimately, life path stem from. It is the foundation for setting and reaching goals in life.

## Social Health

The Social Health Dimension is how we relate to others in life. This dimension is where we find community and support. The people that we choose to surround ourselves with have a huge impact on our lives. It is important to choose relationships with people that support your goals, vision, and beliefs in life and challenge you to become better. It is also important to evaluate the role you play in others' lives to ensure you are doing the same for them.



## Intellectual Health

The Intellectual Health Dimension is what inspires and recharges us in life. Intellectual health is composed of our work, interests, hobbies, and drive to



learn new things. This dimension is where our individual gifts and abilities are highlighted most. Our careers are where we spend the majority of our lives, so feeling that we are being productive, successful, and respected in our profession is an extremely important part of life. However, outside of work, how we spend our leisure time is close to if not

equally as important. If we don't take the time to recharge, relax, and

enjoy our lives outside of work, it is hard to function efficiently during the work week.

## Spiritual Health

The Spiritual Dimension of Health is the dimension that takes a deeper look at life. It is where we find meaning, direction, and seek solace in life. This is our moral compass and where our values are drawn from.

For some, spiritual life is vague and distant, but for others, it is a

lifeline. This dimension is vital to formulate a person's overall life goals, and it keeps us on track to accomplish them.



## Environmental Health



The Environmental Health Dimension is one that I hesitated to add at first because some of this dimension is out of our control. This dimension deals with our weather and other geographical surroundings as well as the physical things and spaces surrounding us. However, it also includes some things we do have control over: our reaction to the weather, how clean our house is, how organized our belongings are, and the overall general mood we've created in our homes and work spaces, through decor and/or arranging of our "stuff".

I decided to add in this dimension because I believe it plays too vital of a role in our overall health to leave it out. With the "tiny house" popularity, the move for minimalism, and the new studies coming out on how much your surroundings affect you, I believe there is a lot of opportunity to explore and improve our environments.