



James Enyart, Health Coach

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James has a Bachelor of Applied Health Science degree in Health Education from Indiana University, is an American College of Sports Medicine Physical Activity in Public Health Specialist, and is an American Fitness Professionals and Associates Certified Nutrition and Wellness Consultant. In his free time he enjoys walking trails, spending time with his family, and attending local events.

Personal Health Coaching

Ready to make a change? Your on-site health & wellness coach is dedicated to helping you make healthy lifestyle changes at NO cost to you! Appointments are confidential. Discuss any range of topics to help you live your best life!

Health Coaching Services

- Individual Coaching
- Group Coaching
- Wellness Programs
- Blood Pressure Screenings

Topics Include

- Weight Management
- Stress Management
- Blood Pressure
- Smoking Cessation
- Cholesterol
- Nutrition
- Exercise

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To schedule: email James at JEnyart@eCommunity.com