

Contact Meredith



Meredith Rhodes Carson, HHC

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MEET YOUR FORWARD HEALTH COACH

My name is Meredith Rhodes Carson and I'm a Madison, WI based Health Coach with a mission to support women, for whom conventional health & wellness advice is failing, to regain control of their health with a vengeance so that they can live their lives with happiness & purpose.

My primary role as a health coach is really to listen. When was the last time that you were able to voice your health concerns with a trained professional for more than 5 minutes - with your clothes on? Yeah. Conventional medicine has become impersonal and prescriptive. I have my own story of placing all of my trust into a doctor to solve my health issues - and the best that she could do was to diagnose me with a behavioral problem and send me to a psychiatrist. I was medically 'normal' & I fell through the cracks.

Of course, my role is much more than simply listening. It's about motivating women, supporting women to create health promoting habits, igniting ah-ha moments, empowering women to take back control of their health,



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educating women to think critically about their lifestyle choices so that they can *own* their decisions, cultivating a positive self image & self love, and for me, it's also about building community. In my experience, when you gain health, you suddenly have more to give.

Your health today is literally the cumulative result of everything that your body & mind have been through everyday from the moment that your *parents* were just a gleam in your *grandparents* eye - to this very day. Perhaps even farther back in time. And the good news is that you have more control over your health & wellness, From This Day Forward, than you were taught to believe. You may have been born with the genes for a particular disease, or have a family history of depression, diabetes, autoimmunity, etc... but you have some control over the master switch. It's up to you whether or not those genes get turned on, so to speak. This is an emerging new field called epigenetics, and it's oh-so-hopeful.

I have a unique health perspective that combines my PhD in Geology (from the UW) with my health coaching certification from the Institute for Integrative Nutrition. It's best described as 'ancestral', where evolutionary biology meets modern human health. My background & innate curiosity help me to critically evaluate conventional health claims, and have enabled me to gain confidence in *managing my own health* in this modern world.

My own health journey shifted from a strategy of weight loss, because I thought skinny equaled healthy, to a strategy of health gain, because my health suffered greatly when I got 'skinny'. I now own my space, I'm no longer medicated in any way, and I have so much more to give now that I'm not focused on surviving. <<<< You can shift your journey too. Own it.



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HOW CAN I HELP YOU?

There are a number of ways for us to communicate, whether you are just curious and would like to dip your toe in the water, or you are ready to dive right in, I have a solution for you.

Just Curious?

I have a Facebook page where you can keep tabs on what I'm up to and read words that I send out on a fairly regular basis. Select 'get notifications' when you hover over the 'liked' button to be notified when I post something new.



<https://www.facebook.com/FromThisDayForwardHealthCoach>

I also have a Pinterest page where I primarily keep Meredith approved recipes organized.

<http://www.pinterest.com/forwardhealth/>

If you visit my website, you'll be asked to sign up for my email list where I promise a series of unconventional health tips. You'll also receive a monthly big perspective email, delivered to your inbox on the full moon.

<http://forwardhealthcoach.com/>



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You can contact me anytime via my contact page on my website - or through my Facebook page.

Serious & self-motivated?

I have a program that I call a '52-Week Kick-in-the-Ass'. It is a year-long weekly email series with homework assignments each week - that are designed to move you in the direction of awesome health. It's cumulative - so only take this on if you plan to commit some time and energy to yourself. It includes membership in a private Facebook group - if you'd like to reach out to the hundreds of women who are currently enrolled in the program for some support and accountability.

And it's *currently* free.

You can sign up by clicking through the header of [my website](#).



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Serious but need more support & accountability?

Thrive is a group health coaching program for women for whom conventional wellness advice or medicine is failing, who are tired of merely surviving, who are ready to regain control of their health, and who need the support & accountability of their community.

Your Thrive group program will include

- 12, 90-min Strategic Health Planning Sessions, every other week
- Access to Private Online Group Space to confab & seek support
- Health Handouts & Resources
- Access to hundreds of Real Food Recipes
- Tips for meal planning
- Direct Access to Newsletters and Blog Posts
- VIP pricing on future events
- Your Thrive group will plan & execute some community do-gooding.

Over the course of your Thrive program, we'll cover many health & wellness topics including sleep, stress, movement, food, self care, habits, perspective, your microbiome... and group discussion will be organic - tailored to the needs of the group. Twice a year, we'll use our newfound health as a force for good in the community.

Stop in for a free session to try it out before investing. Please RSVP.

The group meets every other week on:

Wed 5:15-6:45 pm - Jules Pilates Studio, 6138 Mineral Point Rd. (West)

A new group will be forming on:

Sun 2:30-4:00 pm - Chrysalis Hair & Body, 111 S. First St (East)



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Serious and need individual support?

My premium service is one-on-one coaching. It is a 6 month program where we meet for an hour every other week for at least 12 sessions, tailored to your individual health needs.

In your one-on-one program you will learn to balance your life, crowd out foods that defeat your metabolism with incredibly nourishing options, to incorporate movement into your day and sound sleep into your night, you will learn more about how to fuel your unique self and how to pay it forward to those you love and care about.

Your program includes:

- A Health Strategy Session to review of your health & wellness goals
- 12 personalized 60-min sessions, in person or via skype
- Handouts & Resources
- Access to hundreds of Recipes
- Optional Grocery Store Tour
- Optional Pantry Review/Overhaul
- Tips for Meal Planning
- Access to Newsletters and Blog Posts
- Unlimited Email Support
- VIP pricing on future events

Contact me to schedule a complimentary Health Strategy Session, I can help you determine your most sustainable path forward.



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WORKSHOPS

I have developed a 90-minute workshop that I call THRIVE. This workshop is intended to motivate women to evaluate their current health, it encourages participants to open their minds to new and unconventional health ideas, provides some education about when the human body is in a position to gain health, contains an exercise for women to better determine where to begin their unique journey, includes a discussion about food as medicine, and ends by creating individualized health & wellness goals.

I offer it for free as an introduction to what a health coach is, and how I might be able to support women to take control of their health once again.

I am willing to create custom health & wellness workshops for your employees. Let's chat about anything in particular that you have in mind.



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SPECIAL INTERESTS

My approach lends itself nicely to the bridal market. I have a special interest in helping brides & grooms start their lives on the same page with respect to supporting each other to gain health. I now understand how important it is to cultivate our own health & wellness before we embark on building families.

When I was ready to start my own family, I approached my doctor in search of some 'pre-conception' advice. The answer that I received was (literally), *"Well, what do you need to know? It's not all that hard."* That was the day that I found myself a midwife, who took 3 hours of her time to get to know me and to educate me about pregnancy and child birth.

What I didn't know, however, was that my health (and the health of my husband) at the time of conception was so vitally important. That whatever genetic switches that I had control over in my own life, would be passed along to my child, and my *grandchildren* in part, during the first month of my own pregnancy.

In addition, I found that my own health journey took me in a completely different direction than where my husband was willing to go. We weren't on the same page, and the fact that our needs were suddenly different was the source of a whole lot of stress in our marriage.

Suffice it to say, newlyweds would benefit from meeting with a health coach. I see my role as a conversation starter, and an unbiased third party in a way. I have written an ebook for brides that is for sale on Amazon (next page).

I will offer couples consultations & couple coaching programs soon.



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De-Stress & Fit In That Dress



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*(that's me and my husband, September 30, 2000,
at Allen Centennial Gardens on the UW campus)*

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MEREDITH

A bit more about me... Because if I'm interviewing to be your Health Coach, you might be interested in what I'm all about.

I was married in Middleton, WI in 2000. It was Dairy Expo weekend (which turns out, is bigger than a football Saturday - take note if you're planning big events that weekend, ugh). We are homebrewers, so the guys in the wedding party wore hops.



My husband and I received our M.S. and Ph.D.'s in Geology from the Department of Geoscience at the UW, and then moved to Houston, TX to pursue careers in geology.

While in Texas, we created 2 Texans. My daughter was born (just barely) at a birth center in 2004, and my son was born at home in 2007. They are incredible humans who teach me a lot on a daily basis. Today - Claudia devours books & swims like a fish, and Clayton loves karate & is a budding songwriter.

We returned to Madison in 2008 for my husband's new job, and I started my own geologic consulting business to stress myself out :) I'm now changing gears of course, and pursuing passions, not money.

These days, I fill my time doing things I love. I'm on the Green & Healthy Committee at my kids' elementary school, I'm on the MMSD Wellness Committee, I've volunteered as a Girls on the Run coach since 2012, I'm a Mad Wreckin' Doll (a roller derby rec league), I do my best at gardening, I love to camp and to road trip, & I like to move around outside a lot.

Oh, and we just joined the ranks of backyard chicken keepers. Looking forward to getting to know you better. Cheers!

