



Meredith Rhodes Carson, HHC

MEET YOUR FORWARD HEALTH COACH

My name is Meredith Rhodes Carson and I'm a Madison, WI, based Health Coach on a mission to help women lose weight & gain health using only the laws of nature. I'm an ancestral health coach - ready to reconnect you with the roots of human health.

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? Modern 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 you, supporting you to create health promoting habits, igniting ah-ha moments, empowering you to take back control of your health, inspiring you



to think critically about your lifestyle choices so that you can *own* your 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/ForwardHealthCoach>

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 an online program that I call a Humanity (humanosity.me). It is a year-long coaching program with homework assignments each week - that are designed to move you in the direction of improved human health. It's cumulative - so only take this on if you plan to commit some time and energy to yourself.

There are 2 ways to join the program - one is simply to receive a weekly email (\$20/mo or one time fee of \$200). The other is to join the Humanity community where you'll have access to the weekly assignments, a member forum, online coaching via Google Hangouts, and my own personal weekly dinner plan (\$49/mo or one time fee of \$499).

You can go to humanosity.me for more information - and a free trial period.



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Serious but need more support & accountability?

I hold a group health coaching program for people 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 good old fashioned - in person - support & accountability.

Your 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 group will plan & execute some community do-gooding.

Over the course of your 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 (\$130/mo for 6 months)

Current Groups:

Wed 5:15-6:45 pm - Jules Pilates Studio, 6138 Mineral Point Rd. (West)
I'm planning one outside in the arboretum... interested? Propose a time.



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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 (in person or via skype) 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 - if local
- Optional Pantry Review/Overhaul - if local
- Tips for Meal Planning
- Access to Newsletters and Blog Posts
- Unlimited Email Support
- VIP pricing on future events

Program Cost: \$325/mo for 6 months

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



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WORKSHOPS

I have developed several workshops, and can tailor one to meet your needs. My workshops are intended to motivate people to evaluate their current health, encourage participants to open their minds to new and unconventional ideas, provide some education about when the human body is in a position to gain health, contain exercises to determine where to begin your unique journey, include a discussion about food as medicine, and end by creating individualized health & wellness goals.

I can offer workshops that I have already created for free as an introduction to what a health coach is, and how I might be able to support people 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

I have a special interest in helping young couples 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, young couples 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).



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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 - Madison campus)*