

Health and Lifestyle Coach, Valerie Oakley, Announces Free Coaching Assessments

Professional coach seeks clients who want to increase their health, confidence, and vitality

SAN FRANCISCO, CA, USA, December 11, 2018 /EINPresswire.com/ -- Speaking through her publicist, Certified Health and Lifestyle Coach, Valerie Oakley, announced her health and lifestyle consultancy, today. Oakley knows that a healthy body and mind contribute to a healthier and happier world. This was the impetus behind the Northern California resident launching her national, coaching business.

According to the AMA ([American Medical Association](#)) a body mass index (BMI) of 30 or higher is typically associated with hypertension, strokes, heart disease, diabetes, and other potentially fatal medical conditions.

Valerie Oakley is a MacDonald Center for Obesity Prevention and Education, and M. Louise Fitzpatrick College of Nursing at Villanova University, credentialed coach. As a registered respiratory therapist with a degree in psychology from U.C. Berkeley, and someone who lost and kept off 45 pounds of fat in seven months, she is uniquely positioned to provide her services.



National, Certified Health and Lifestyle Coach

The certified health and lifestyle coach stated that she is “Open to partnering with medical doctors, chiropractors, bariatric clinics and others who aren’t currently using a weight loss or nutrition component in their practices or fitness centers. I seek professionals and corporations who want to get their staff healthier, and work with teenagers and adults.”

Oakley says that meal replacements and a healthy, body mass index have proved to maximize effectiveness in reaching goals in every area of an individual’s life. She is currently offering free, telephone assessments to individuals nationwide, and across the globe in some cases.

“Optimal nutrition coupled with healthy weight takes us where we want to go. As a Certified Health and Lifestyle Coach, I ensure my clients don’t go alone,” explained Oakley. “You will discover how to incorporate simple, easy and powerful healthy habits into everything you do. Your bigger life is waiting – all you need to do is take the first step.”

Oakley says that when nutrition and body weight are ideal, they serve as a catalyst for bigger changes. She uses her expertise and proven strategies to coach individuals and groups on how to incorporate simple, easy and powerful healthy habits into their lifestyle.

"People experience an array of emotions when challenged by weight and health and wellness. The majority of supportive services neither offer a free, telephonic assessment, nor in-depth coaching support," stated [Fran Briggs](#), Publicist to Valerie Oakley. "Valerie's certified health and lifestyle coaching program fills this void."

For more information, or to book an assessment with Valerie Oakley, call 925-206-8274. For media opportunities, send an email to emailFranBriggs@gmail.com.

ABOUT VALERIE OAKLEY

Valerie Oakley earned a Bachelor's Degree in Psychology from U.C. Berkeley. She is a licensed massage therapist and registered respiratory therapist. Valerie works with people from all backgrounds with the aim of creating or supporting a healthy mind, body, spirit and financial state. Valerie's health and lifestyle coaching services include a free, confidential health assessment by appointment. The objective is to customize the needs of each client. She also offers free, mini presentations and vendor events which showcase her services and programs. Valerie is a mother of a 25-year-old autistic, adult son, whose talent lies in performing arts; and a 22-year-old son, who is a natural, IT specialist who enjoys building computers. As a family, the trio enjoys traveling and creating memories. To reach Valerie, call 925-206-8274.

Fran Briggs
eMediaCampaigns!
+1 928-275-1642
[email us here](#)
Visit us on social media:
[Facebook](#)

This press release can be viewed online at: <http://www.einpresswire.com>

Disclaimer: If you have any questions regarding information in this press release please contact the company listed in the press release. Please do not contact EIN Presswire. We will be unable to assist you with your inquiry. EIN Presswire disclaims any content contained in these releases. © 1995-2019 IPD Group, Inc. All Right Reserved.