



# Support to Help Your 5K Training

## Health Coaching Program

Annual 5K  
Walk/Run  
6/8/25

### 5K Your Way

When it comes to running a 5K, your needs are unique to you. TrestleTree Health Coaching provides guidance, accountability, support, and resources to obtain your optimal goals. Whether this is your first 5K, or you're a seasoned runner looking for a change of pace, your Health Coach will listen to your health story and support you on your own individualized plan. Together, you will manage your training, set SMART goals, stay injury free and focus on any barriers that may get in your way.

#### What is my health coaching benefit?

- Free, unlimited, and confidential health coaching sessions to help you manage your health
- Available to IUOE Local 4 Health & Welfare Plan members and covered spouses and dependents
- Create a personalized plan to help you improve your health, enhance your quality of life, and feel better

#### How it works

- You'll schedule time to talk with your coach over the phone when it's convenient for you
- Appointments can range from 15 - 60 minutes, depending on your needs
- Meet with your Health Coach at a frequency that works for your lifestyle and health goals

#### How Health Coaching can help you:

- Provide a customized workout plan
- Injury prevention
- Staying motivated
- Nutritional plan
- Tips for race day

+ SO MUCH MORE



T O E N R O L L

Scan the QR Code or  
Call 1 + (866) 523 - 8185

