

## Meet Your Wellness Coach



### Chanel King HWC

Certified Health and Wellness Coach  
– Health and Wellness Coaching Academy

Nationally Registered Certified Medical Assistant  
– National Association for Health Professionals

### Previous Background

Prior to joining Ramp Health, Chanel gained extensive experience as an allied health professional working in primary care, orthopedics, occupational and public health, and integrative health settings. As a certified health and wellness coach, Chanel is skilled at coming alongside individuals in their wellness journeys and supporting positive behavior change in areas such as exercise, healthy eating, sleep, stress, and overall wellbeing. Outside of work, Chanel enjoys a variety of hobbies that include hiking, cooking, reading, writing, watching sci-fi movies, and playing board games as well as spending time with her husband, children, and family dog.

**Chanel believes in everyone's potential to better their health and wellness.**

**Consider Chanel as a personal resource who will gladly answer your questions and offer coaching in areas such as:**

#### Health Metric Testing:

- Blood Pressure
- Body Composition
- Hydration

#### Management of Minor Aches or Muscle Soreness

#### General Health and Wellness Topics:

- Diabetes
- Exercise, Fitness and Conditioning
- High Blood Pressure, Heart Disease
- Mindfulness
- Nutrition
- Sleep
- Stress Management
- Tobacco Cessation

You may contact Chanel at [cking@ramphealth.com](mailto:cking@ramphealth.com) or **614-758-9838**

Everything is 100% Confidential!