Building a healthier life from regional WA
Tara's Better Health Coaching Story

BETTER HEALTH CO.

Living in a remote part of Western Australia, Tara knew that finding regular health support wasn't always easy. When she joined the Better Health Coaching Service, she was looking for help to improve her relationship with food. With regular phone check-ins and a friendly coach who understood her goals, Tara found the support she needed; no long drives or waiting lists required.

Why Tara joined the program?

When Tara decided she needed to make a change with her eating habits and address her long-standing struggles with food addiction, she quickly realised that support options were limited in her regional area. Dietitian appointments were only available once every eight weeks and often booked out fast. Joining the Better Health Coaching Service was an easy choice, it gave her frequent, timely support she could access from home.

How the program helped

The phone-based format of the Better Health Coaching Service proved to be the perfect solution for Tara. Regular check-ins with her coach meant she could stay on track, even from her remote location.

"The phone coaching meant I got frequent appointments," Tara shared. "That consistency helped me stay motivated and focused between sessions."

Before joining, Tara's biggest challenge was eating in moderation and eating nutritious foods. The coaching service provided practical guidance and strategies to help her gradually introduce a wider variety of food groups and incorporate more physical activity into her daily routine.

Her coach worked closely with her to set personalised, achievable goals that aligned with her long-term vision for better health. This collaborative approach helped Tara stay motivated, build confidence, and develop sustainable healthy habits that fit her lifestyle.

Building sustainable habits

Over the course of the program, Tara made significant progress towards living a healthier, more balanced life.

With her coach's encouragement she:

- Introduced more fruits and vegetables into her diet.
- Tried new food groups such as legumes.
- Found practical ways to add physical activity to her daily routine.
- Experienced improvements in both physical and mental wellbeing

Tara continues to work on the habits she has built to strengthen her confidence and maintain her healthy relationship with food. She's proud of the progress she's made, and encourages others, no matter where they live, or how busy they are, to give the program a go.

Her story shows that with the right support, from hundreds of kilometers away, it is possible to take control of your health and build habits that last.

"I am healthier both physically and mentally, which has made a lot of things in life, no longer out of reach."

Ready to join hundreds of Australians on their journey to better health? Sign up to The Better Health Coaching Service today!

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