

Where expertise and personalized health and fitness coaching can change your life!



Whole You Wellness LLC

At Whole You Wellness, your journey to a healthier, more vibrant life is our top priority.

We're more than just a coaching service—we're a community committed to helping you thrive. Our personalized health and fitness coaching is tailored to meet your unique needs, empowering you to reach your goals and embrace lasting change. Whether you're just starting out or deepening your wellness journey, we're here to support you every step of the way.

Guidance rooted in experience, delivered with heart.

With more than 20 years in wellness, healthcare, and fitness, our founder—a certified health coach, personal trainer, and group fitness instructor—brings a wealth of expertise and genuine care to every client. At Whole You Wellness, we're here to walk beside you, offering the tools, motivation, and accountability you need to build lasting habits and step confidently into your healthiest, most vibrant self.

Wellness Services

Health Coaching, Fitness (*Personal Training*), and Group Fitness Memberships

Our health coaching and fitness memberships are personalized, supportive, and community-based to support individuals in achieving their health and wellness goals long term. By working closely with clients, we help develop tailored strategies that align with their unique needs, preferences, and challenges.

This collaborative and community-based approach address key areas such as nutrition, fitness, stress management, chronic disease prevention and management, GLP-1 support, nicotine cessation, and improvement in overall lifestyle. Through guidance, support, accountability and education, we empower clients to build sustainable habits and take proactive steps toward lasting well-being.

Whole You Wellness offers 1:1 health coaching and fitness sessions that run 30 to 45 minutes and can be conducted by phone or online for your convenience. *In-person sessions are also available locally in Wausau, WI.* Additionally, we offer a group fitness membership: All group fitness classes include instructor-led strength workouts 5 days per week, as well as continued guidance and support throughout your enrollment. As a member of Whole You Wellness, you'll gain exclusive access to the highly rated and secure Practice Better portal—a hub for resources, support, and connection with our wellness community. Your journey to whole-body wellness starts here.

Personalized Coaching for Lasting Change

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