

Meet Your Health Coach



Lisa Trimper, M.S.



**Message through your
PeopleOne Health Portal today!**



888-330-6891 x 712



**888-330-6891 M-F 9-5 or
support@peopleonehealth.com**

Lisa Trimper is a Certified Health and Wellness Educator. Lisa is passionate about the clients she serves and is experienced in cultivating trusting and collaborative relationships to help over-deliver on the needs of each of her clients.

Lisa's prior professional work experience includes Health and Wellness facilitation within higher education at The University of Vermont, University of Maine and Stetson University and clinical healthcare at Northernlight Medical Center. She has experience in individual and small group health coaching, Sport Performance and Nutrition.

What can Lisa assist you with? Lisa is a health care professional who is trained to work with you one on one to help you meet your health and wellness goals. She can provide advice on the on topics included (but not limited to) the following:

- Physical Activity
- Self-Care
- Tobacco/Nicotine Cessation
- Stress Management
- Weight Management
- Injury Prevention
- Improvement of Biometric Markers
- Sleep Habits
- Mindfulness
- Nutrition

