

**Wellness Coach Certification Examination**  
for the *Launch Your Healthy Life*; lifestyle change platform

Open book review of *Wellness Coaching for Lasting Lifestyle Change*. Please answer the following questions to the best of your ability. Each question has a chapter and page designation relative to the book's first and second editions. For example, the designation c4-36 (Ed.1) indicates chapter 4, page 36 of the first edition. There are additional questions directly relating to your participation in, and aspects of, the *Launch Your Healthy Life* format, and coaching in general.

Select the best answer, create short lists as requested, or summarize your insights as asked. Thank you!

Y N I have read the book *Wellness Coaching for Lasting Lifestyle Change*.

Y N I have completed 12 weeks of participation in the Launch Your Healthy Life lifestyle change program.

Y N I am previously certified as a wellness coach.

List two or three reasons that have motivated you to pursue wellness coaching.

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List two or three personal assets inherent to you that will be of value in connecting to patients/clients in a coaching relationship.

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List two or three challenges, inherent to your experience or persona, which will be a challenge as you engage patients/clients in a coaching relationship.

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In your opinion, what does a patient/client need most from you in a coaching relationship?

**Book Review Questions – *Wellness Coaching for Lasting Lifestyle Change***

List 5 areas of human need described by Maslow. c1-4 (Ed.1); c1-30 (Ed. 2)

T F When coaching someone to higher levels of wellness, we are helping them discover increasingly effective ways of getting their basic needs met.

What are the two sets of forces we all carry inside ourselves?  
c1-7 (Ed.1); c1-33 (Ed. 2)

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Y N Being centered allows us to live balanced and true to ourselves. A sense of safety is in place. The most significant growth occurs when we venture into the unknown. With that in mind, can a person remain safe and centered *and* feel free to 'venture out'? c1-p9 (Ed.1); c1-36 (Ed. 2)

In your own words, paraphrase the concept of 'what is wellness' based on chapter 2.

In your own words, define wellness coaching. c2-14 (Ed.1); c2-40 (Ed. 2)

T F Wellness is a 'static state' and simply indicates a lack of disease.  
c2-17 (Ed.1); c2-41 (Ed. 2)

T F Wellness is always about the whole person and all aspects of their life.  
c2-18 (Ed.1); c2-43 (Ed. 2)

Which model of wellness do you connect with? c2-19-25 (Ed.1); c2-43-49 (Ed. 2)

Ardel Model

Hetler Model

Travis Model

Which one of the authors 10 tenants of wellness and their correlating exercises speaks most to you? Why? c2-26-32 (Ed.1); c2-50-57 (Ed. 2)

T F The 'prescribe and treat' model that works for modern medicine is a good model for wellness professionals to adapt and use. c3-38-39 (Ed.1); c3-64-65 (Ed. 2)

T F Education, by way of providing people with the best possible health information, is proven to be the most effective method to change behavior.  
c3-39 (Ed.1); c3-66 (Ed. 2)

T F The coach is ultimately responsible for providing a way for patients to change behaviors. c3-42 (Ed.1); c3-69 (Ed. 2)

T F The coach as an ally, forming an alliance with patients, is the most effective method to facilitate behavior change. c3-42-43 (Ed.1); c3-69 (Ed. 2)

Which of the authors four cornerstones of coaching resonates with you most? Why? c3-43-48 (Ed.1); c3-69-77 (Ed. 2)

T F The coach will begin the patient's journey toward change by focusing on 'where they want to be' rather than 'where they are'. c4-49 (Ed.1); c4-80 (Ed. 2)

T F Change creates loss, even if the change leads to something better.  
c4-51 (Ed.1); c4-81 (Ed. 2)

T F Many who seek lifestyle improvements have already failed many times. Past feelings of pain and failure need to be considered and discussed.  
c4-51 (Ed.1); c4-81 (Ed. 2)

T F Love and fear are principle motivators in initiating change.  
c4-52 (Ed.1); c4-82 (Ed. 2)

T F Fear is the most potent motivator to engage in behavior changes.  
c4-52 (Ed.1); c4-82-83 (Ed. 2)

List the 7 steps to lasting lifestyle improvement. Which one of those steps resonates most with you [asterix that one] and why?  
c4-53 (Ed.1); c4-83-89 (Ed. 2)

The author identifies the challenges of being a wellness coach, which challenge[s] will you face? c5-60 (Ed.1); c5-92 (Ed. 2)

The author describes 20 characteristics of a good coach. List your 5 strongest assets from this group. c5-61 (Ed.1); c5-93 (Ed. 2)

Your credibility as a wellness coach, to a large extent, depends on what?  
c5-64 (Ed.1); c5-96 (Ed. 2)

What is your wellness story?

Of the 12 guidelines to develop your personal wellness foundation, which 3 will you want to work on most, or first? c5-67 (Ed.1); c5-99-100 (Ed. 2)

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T  F One of the first tasks a wellness coach must accomplish is to make clear with the patient/client that their compliance to your recommendations is essential. c6-69-72 (Ed.1); c6-101-102 (Ed. 2)

T  F The patient/client is 100% responsible for their own well-being and health. c6-69-72 (Ed.1); c6-102-103 (Ed. 2)

T  F Clearly stated agreements between coach and patient/client lead to superior outcomes compared to relying on expectations that the coach will facilitate a healthy outcome for the patients. c6-69-72 (Ed.1); c6-103-104 (Ed. 2)

T  F Asking permission, starting from the initial intake and continuing throughout the process, shows the patient/client that the coach is respectful of their capacity to help themselves. c6-73 (Ed.1); c6-105 (Ed. 2)

The author discusses the importance of an initial intake or 'foundational session road map'. This session could be traditional or time limited. In either model there are universal principles. List 3 principles that will be easy for you to accomplish and 3 that will challenge you. c6-76-81 (Ed.1); c6-107-112 (Ed. 2)

List 3 ways to build patient/client trust. c6-81-83 (Ed.1); c6-114 (Ed. 2)

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T F A patient/client has no real way to determine if a coach is a good listener. C6-116-117 (Ed. 2)

T F The patient/client can be depended on to identify the starting point for their wellness plan. c7-86 (Ed.1); c7-124 (Ed. 2)

What 3 tools for exploration resonate with you as you contemplate helping a patient/client come to a self-understanding or personal awareness?  
c7-88-90 (Ed.1); c7-126-129

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T  F An initial wellness assessment is primarily to aid the coach in understanding the patient/client. c7-93 (Ed.1); c7-130-131 (Ed. 2)

T F I have contemplated the 'wheel of life' as a method for the patient/client to discover or see balance in their life. c7-97-101 (Ed.1); c7-132-136 (Ed. 2)

T F I have contemplated the 'wheel of nutritional satisfaction' as a tool or method for the patient/client to envision their personal wellness.  
c7-102 (Ed.1); c7-140 (Ed. 2)

Yes No I have reviewed the wellness intake format, the 'Lifestyle Risk Assessment' form provided by Launch Health LLC, in the Building an Integrative Dental Medicine Practice manual. I understand this tool is used at the initial patient/client intake and review and creates mutual awareness as to their health awareness levels.

Yes No I am aware of several HRA [health risk assessment] formats available that can be used to invoke patient/client awareness and allow the coach to work as an ally. C7-104-111 (Ed.1); c7-141-144 (Ed. 2)

List 3 or 4 physiological measures that validate positive change has, or is, occurring for the patient/client. c7-112-113 (Ed.1); c7-147 (Ed. 2)

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T F Co-creating a wellness plan has greater value than either the coach or the patient/client creating the plan. c8 (Ed.1); c8-153 (Ed. 2)

T F Wellness coaching differs from other coaching as the patient/client takes responsibility for their own health and make behavioral changes on their own. c8-118 (Ed.1); c8-154 (Ed. 2)

List four essential parts of a wellness plan. c8-118-119 (Ed.1); c8-155 (Ed. 2)

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Regarding the concept of wellness mapping, there are 6 areas of focus discussed; which 3 will be most challenging for you to keep 'framed' for the patient/client? c8-119-120 (Ed.1); c8-164-165 (Ed. 2)

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Yes No I understand the 'Launch Your Healthy Life' coaching format does not include the wellness mapping process. I understand that as I grow as a wellness coach, I have the potential to incorporate this tool in the coaching process.

T F People do not change until they are ready to do so. c8-124,127 (Ed.1); c8-167 (Ed. 2)

Yes No I understand the 6 stages of change that Prochaska describes, and the place of a wellness coach during each stage. c8-125-127 (Ed.1); c8-169-171 (Ed. 2)

T F Achieving ‘buy-in’ from the patient/client means they believe that they have personal value, they care about themselves, and have developed a good sense of self awareness. c8-129 (Ed.1); c8-172-174 (Ed. 2)

T F When patients/clients can see the benefits of changed behavior, the barriers to changing a behavior are lowered or diminished. c8-129 (Ed.1); c8-174 (Ed. 2)

T F As a wellness coach, you cannot motivate the change a patient/client requires. c8-131 (Ed.1); c8-174 (Ed. 2)

T F Fear based motivation [ “you will get sick or die if...”] is effective. C8-131-32 (Ed.1); c8-175-177 (Ed. 2)

T F The effective wellness coach helps patients/clients discover that living well is about joy, having more energy, having self-worth, feeling fulfilled, and simply feeling good. c8-136 (Ed.1); c8-177 (Ed. 2)

In context of ‘development-based motivation’, list 3 methods that resonate with you. c8-133 (Ed.1); c8-179 (Ed. 2)

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T F When we can portray the inevitable potential for growth, we become motivated by our dreams, not our deficiencies. c8-140 (Ed.1); c8-183 (Ed. 2)

T F Most patients/clients will give themselves permission to enact the changes they believe need to be accomplished to improve their life. c8-140,41 (Ed.1); c8-184 (Ed. 2)

In your own words, describe the power of affirmation. c8-146 (Ed.1); c8-189 (Ed. 2)

Discuss one method to deal with the ‘inner critic’ in all people. c8-146-48 (Ed.1); c8-191-193 (Ed. 2)



Why do you like the concept of patient/client journaling in the coaching model?  
c8-150-51 (Ed.1); c8-194-195 (Ed. 2)

What does a realistic goal look like? c8-153 (Ed.1); c8-196-197 (Ed. 2)

T F Stress will trigger the emergence of old behaviors.  
c8-157 (Ed.1); c8-203 (Ed. 2)

List 'your' best tip for changing a habit. c8-159 (Ed.1); c8-204-205 (Ed. 2)

T F As a coach, you need a variety of ways to offer the patient/client to look at the process of change. c9-161 (Ed.1); c9-208 (Ed. 2)

Yes No Do you understand table 9.1 and the many options and opportunities a coach has to facilitate change as you 'walk alongside' the patient/client?  
c9-162 (Ed.1); c9-208 (Ed. 2)

T F The order of the steps your patient/client uses to move towards a wellness lifestyle are not important. c9-163 (Ed.1); c9-209 (Ed. 2)

T F It is important for both the coach and patient/client to know which of their priorities is both urgent and important. c9-164,65 (Ed.1); c9-210 (Ed. 2)

T F All the possibilities available to coach lifestyle change, are described and outlined in this book. c9-168 (Ed.1); c9-214 (Ed. 2)

T F It would be the coaches desire to nourish a patient/client's lifestyle objectives in the same way it is the patient/client's objective to nourish their life with sustaining nutrients. c9-170-171 (Ed.1); c9-217 (Ed. 2)

T F Movement sustains life; all genre of movement. Emotional paralysis is a life-threatening potential. c9-172 (Ed.1); c9-218 (Ed. 2)

T F A coach can encourage exercise, without saying the word 'exercise'.  
c9-173 (Ed.1); c9-219 (Ed. 2)

T  F Living 'centered' is the same as living with appropriate stress management. c9-175 (Ed.1); c9-221 (Ed. 2)

T F Wellness can become a very intrapersonal issue; relationships can be stressed or energized around the wellness journey.  
c9-179-80 (Ed.1); c9-224-225 (Ed. 2)

T F Coaches achieve better results in their efforts to help people achieve lifestyle change when the coach can tie the wellness quest to enhancing the meaning in their life. c9-184 (Ed.1); c9-230 (Ed. 2)

T F The way a person feels about themselves, and what they continually say to themselves about what their truth is, can be a huge determinant of their lifestyle behavior and choices. c9-186 (Ed.1); c9-232 (Ed. 2)

T F The most powerful question a coach can ask a patient/client is... 'why'.  
c9-186 (Ed.1); c9-232 (Ed. 2)

T F Patients/clients will thrive on self-awareness and connectedness.  
c9-187 (Ed.1); c9-233 (Ed. 2)

T F It is human nature not to question our beliefs, our perceptions, and/or our patterns of behavior; even when they pose a problem or obstacle for us.  
c10-191 (Ed.1); c10-237 (Ed. 2)

When coaching individuals with health challenges, what are several early warning signs or signals that they may have disclosed in their 'risk management assessment'? c10-192-94 (Ed.1); c10-241 (Ed. 2)

T F A lifestyle prescription gets more compliance when a coach has more frequent connection to the patient/client. c10-195 (Ed.1); c10-242 (Ed. 2)

List a few opportunities where compassion and empathy are essential for a patient/client to experience from a coach. c10-196,97 (Ed.1); c10-242-243 (Ed. 2)

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Which 2 of 5 stages of grieving in context of 'health loss', are you best suited to naturally support. c10-198,99 (Ed.1); c10-245-246 (Ed. 2)

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List a few physical issues that will impact a patient/client, and inhibit their ability to comply with a coach's lifestyle prescription. c10-200,01 (Ed.1); c10-248 (Ed. 2)

T F The coach may be positioned to 'coach' a patient/client to deal with new physical limitations all while keeping hope and self-esteem front and center. c10-202 (Ed.1); c10-250 (Ed. 2)

T F Wellness coaching will expose you to medical conditions, medications, and medical diagnoses that you have limited experience with. Encouraging collaboration with medical professionals who will support the patients with a similar compassionate mindset is important and ethically correct. c10-202-04 (Ed.1); c10-251 (Ed. 2)

Yes No I understand the concept of 'wellness mapping'. I understand it enough to adopt its use if, and as it may be an important tool for my patient/client. c10-204-210 (Ed.1); c10-252-258 (Ed. 2)

**End of the Wellness Coaching for Lasting Change book review.**

**Please answer the following questions relative to your experience participating in, or directly from, the content of the 'Launch Your Healthy Life' lifestyle re-set manual.**

List several challenges you may not have expected during your metabolic and/or lifestyle reset experience with this format.

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Discuss a few personal positive outcomes that resulted from participating in this program.

Why is it important to advise patients/clients to have a medical consult before participating in a metabolic or lifestyle re-set? Which category of medical issues that a patient may be challenged with, are most concerning and important to be considered?

T F Patients/clients should have a clear vision of 'why' they want to or need to participate in this program. Their 'why' may be different than yours.

T F All patients/clients should be encouraged to do the metabolic restart.

T F Having an accountability partner and keeping a journal increase success.

T F Calorie loading is most effectively accomplished by using high glucose, high corn syrup, and highly processed food products all day long.

T F A mild to moderate 'gut cleanse' will reset a healthy gut micro biome for all patients/clients, which is an important starting point.

T F The overall metabolic diet plan is based on the 'Keto-diet'.

T F A ketogenic diet allows the body to burn stored fat and the liver to use ketones for fuel.

Describe an average metabolic restart approved meal, including approved snacks.

T  F By engaging in an intermittent fast time window, the mitochondria become stressed and immediately die off.

T  F Daily water intake should be 1/2 your body weight in ounces and includes beer, wine, tea, and coffee.

T  F Wild caught salmon is an excellent protein choice during the metabolic restart.

What are 'free' foods, and list several that can be used.

T  F Oils that may be in personal care products are not important during the metabolic restart phase.

List several combinations of foods a vegetarian will need to combine to get a complete protein.

T  F An individual who is over 50 and is doing resistance training during this phase will need a little extra protein.

List 6 non-free but approved vegetables that can be used during the metabolic phase.

List 3 vegetables that need to be avoided.

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T F The metabolic restart program is a weight loss program with a new label.

T F The best way to get over a 'plateau' is to start over with green smoothies.

T F The patient/client should be encouraged to remain on a '12 hour' eating window for the rest of their life.

List the 4 pillars in lifestyle management in your own words.

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T F An insulin resistant diabetic who is still weight challenged after the metabolic phase, can be encouraged to take weekly dietary 'vacations.'

T F Encouraging a patient/client to participate in eating differently, exercising more, sleeping better, and stressing less, all at the same time, is too much to ask.

T F Stress and poor sleep quality can negate everything that good dietary habits are attempting to transform in the body.

T F We have been taught from childhood that eating something sweet is the reward for eating something 'green', hence we continue to reward ourselves as adults for any and all obstacles we face and try to overcome.

T F In general, fruit juices are a good source of calories.

T F Healthy fats are important to good dietary balance and nutrition.

T F Many patients/clients are sensitive to glutes and have mild gluten sensitivities, but are unaware of this fact.

List/create an ideal meal plan for a maintenance phase day. Utilize an optimal amount of approved vegetables by serving, protein by serving, healthy fat, and fruit. How will you suggest oils be worked into the menu plan?

T F Eating less meat and less sugar has proven to extend human life.

T F Unhealthy fat has a half-life of about 600 days in the human body.

T F Lactose in dairy products is in fact a form of sugar.

In your own words, describe by example, what 'good/real' food is.

T F White potatoes and corn are not considered 'good/real' food on the maintenance phase menu plan.

List 5 benefits the body receives from the practice of intermittent fasting.

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T F The state of mind we are in when we eat is not an important consideration.

T F Exercise has a direct effect on human genes; they change.

How would moderate exercise be different than light exercises?

T F Strenuous exercise will elevate the levels of adrenalin and cortisol in the body.

T F Resistance training is very important for people over 60. They are losing muscle mass naturally at that age and adrenalin pumped into their system will build muscle while they sleep.

T F Optimal exercise time is 30 minutes daily.

T F Ideally, an individual over 60 should engage in resistance training 3 times weekly.

T F Individuals with disabilities cannot be expected to receive any benefit from exercising.

T F Stress management begins with self-awareness.

List 5 things the sympathetic nervous system does for the body, or to the body, when it is stimulated.

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T F Cortisol does not affect glucose metabolism or blood pressure.

T F Excess cortisol results in weight gain.

List 5 things the parasympathetic nervous system controls in the human body.

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List 5 behaviors that turn on the parasympathetic nervous system.

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T F The vagal nerve is a major component of the parasympathetic nervous system.

List 3 intentional activities that stimulate and active the vagal nerve.

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T F Patients/clients will find it difficult to find time to dedicate 'additional time' to personal mental well-being.

T F Nasal breathing stimulates the sympathetic nervous system.

List several healthy things that occur in the body, and for the body, during quality sleep.

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List several health consequences for a patient/client who endures poor sleeping.

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T F Quality sleep can be attained in a 4 to 5-hour window.

T F Sleep quality is not connected to mental health.

T F Patients/clients can self-diagnose obstructive sleep apnea; they should seek professional help when they know they have this condition.

T F Children can struggle form obstructive sleep apnea.

T F A dentist can be a valuable ally in the diagnosis and treatment of sleep apnea.

T F Snoring and the grinding of teeth, although a nuisance during sleep, are of no long-term concern.

In your own words, describe a number of things patients/clients can do to get better sleep.

T F The gut microbiome is complex. Before setting out on a lifestyle reset, it would be appropriate to see a gastrointestinal specialist to resolve regular bloating, gas, or diarrhea.

T F Bacteria are an essential component of a healthy human system. These normal colonies are known to remain influential only in a specific system or tissue type.

T F The lifestyle aspects of stress and sleep have no impact on the 'gut' microbiome.

T F The oral family of bacteria are the most pathogenic in the body.

List several health consequences of periodontal pathogen exposure.

T F Dysbiosis refers to an imbalance of the normal family of bacteria where harmful strains have become dominant creating negative symptoms.

T F Leaky gut is not related to general body inflammation.

List 10 causes of gut dysbiosis.

T F Recommending a probiotic for patients/clients challenged with 'gut' health is a good start after lifestyle changes are in place.

T F 80% of the human immune system is connected to the 'gut' microbiome.

T F The immune system can function well even if lifestyle changes are not made.

List 5 things that weaken the immune system.

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T F Vitamins and supplements can cover for a patients/client's poor dietary choices.

**The answers for the next 3 questions are not right or wrong, they simply will come from your intuition and understanding of the place of supplements in human health.**

If you are healthy and under 50 years old, what supplements would *you* take?

If you are over 50 and still healthy, what supplements would *you* take?

If you are over 50 and challenged with several chronic diseases, what supplements would *you* take?

Yes No I will want to confirm my patient/client is collaborating with a primary care physician while engaging in conversations regarding managing chronic disease.

T F Medical testing is accurate and reliable. Patients/clients need to rely on them to confirm a level of health or disease in place.

T F Patients/clients are not always aware of what tests are saying, or what tests to ask for. A wellness coach is positioned to help them become an advocate for their personal health.

When you coach a 12-week life style change program with a patient/client, what will you do differently, or what would you change?

How could this experience be improved; from participating in the lifestyle reset program, to utilizing the Arloski book, and the examination process? Thank you.