

Health and Nutrition Coaching

My goal with health coaching is not about your short-term success, but rather your long-term success with optimal health. If you are...

- **Committed to prioritizing your health.**
- **Committed to replacing your current eating habits with healthier eating habits.**
- **Committed to increasing or participating in some sort of physical activity on a regular basis.**
- **Committed to regaining your confidence, health and liking who you see in the mirror.**



I am committed to helping you! Together we will develop an effective and sustainable wellness program (fitness, nutrition and lifestyle) based on your individual health goals. You will learn how to prioritize your health to make sustainable lifestyle changes through online coaching via various outlets such as Skype, text, or telephone.

What Clients say about Donna

“Donna is an incredible coach. She's personable, warm, supportive, and focused all at once. She helped me to crystallize and achieve my health goals, all while maintaining a sense of humor. Work with Donna; you won't regret it!” - Shane

“I was clear with Donna that a diet that felt restrictive was not going to work for me. Donna reassured me that her philosophy on food and eating is based on balance. I look forward to Donna's twice weekly check-ins. They are motivational, informative, and more importantly, non judgemental even when I have a delicious dessert.” - Kari



Donna Ricketts, MPH

Donna is a health coach specializing in nutrition, exercise & wellness. She has a Bachelor's degree in Kinesiology with an emphasis in Exercise, Nutrition and Wellness and a Master's in Public Health.