

BOSTON HEART LIFESTYLE PROGRAM
MEET THE COACHES

MEET THE BOSTON HEART COACHES

INTRODUCTION

This book will help you get to know each of the Boston Heart Coaches who are available to help individuals reduce, reverse or manage risk of heart disease and diabetes.

How Coaching Works

After joining the Boston Heart Lifestyle Program and generating a Life Plan, individuals can select a coach. Coaches will inspire and support change, helping individuals to adjust the Life Plan to fit daily routines and assist with setting actionable and achievable health goals. Coaches will address eating, exercise and, stress management and can also help patients design a personalized plan for reaching individualized health and wellness goals.

During the initial 50 minute session, the coach will review the Life Plan in detail, help set health goals and encourage tracking food and exercise in an online journal. During the 20 minute follow-up sessions, the coach will assess adherence to the Life Plan by analyzing entries in the online journal, help to set new or adjust existing health goals and recommend heart-healthy recipes.

Selecting the Right Coach for You

Coach specialties include nutrition counseling, cardiovascular disease and diabetes prevention, diabetes management, adult weight management, eating disorders, vegetarian diets, and sports nutrition. If you want to work with a coach who is familiar with flavors and traditions in your area, we have coaches that live in Alabama, Arizona, California, Massachusetts, Michigan, Mississippi, New York, Tennessee and Wisconsin.

Schedule coaching sessions at yourheartmatters.com or by calling 877.425.1252 option 3.

INTRODUCING

STEPHANIE BALLESTEROS MS, RD, LDN

Boston Heart Coach — Tennessee

Specialties: Heart health, nutrition counseling, exercise science, experienced clinical dietitian

About Me: What initially drove me to pursue nutrition was quite simple — I love food! I love cooking for my husband and three kids, and especially enjoy making recipes healthier, in particular southern recipes. And, what I love about being a lifestyle coach is the opportunity to support people when they feel overwhelmed and stressed during their health journey.

I learned firsthand the importance of a great support system when trying to achieve a personal goal. Right out of college I was a single parent. I had degrees to finish, internships to complete, and jobs to apply for but I never missed a class and just kept plugging along. I'm proud to say that I put in the work, and with the help and encouragement of my family, I kept my drive to complete my goals! I now use these challenges to help me relate to individuals, staying by their sides to help them make changes that fit into their lives. I am easy-going and empathetic, and love helping people achieve their nutrition goals— and then hearing about their success stories.

Fun Fact: I currently play on a women's soccer team.

Inspirational Quote: "Success doesn't happen overnight. Keep your eye on the prize and don't look back." — Erin Andrews



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INTRODUCING

BARBARA CASACELI RD, LDN

Boston Heart Coach — Massachusetts

Specialties: Increasing physical activity, pediatric nutrition, adult weight management, USAT level 1 triathlon coach

About Me: It wasn't until after my three children were born that I became interested in nutrition. Growing up I was always healthy and active, but it took realizing that I was responsible for the health and wellness of three little ones to inspire me to go back to school and get a degree. I enjoyed nutrition from my first class, and after a few years working in the field, I still love it! I love that Nutrition and our health are not stationary parts of our lives, but that they are developing just as my children have grown and developed.

Having the chance to pass on my passion and being able to make an impact on someone's health and well-being is such a great gift. I guide each individual towards strategies that can help them attain their personal goals. I hold them accountable for their actions, and expect them to be honest with themselves as well as with me. But at the end of the day, I am their biggest champion and supporter. I enjoy the challenge of untangling people's eating histories to make a personalized plan. I love providing the support people need to realize and achieve their potential.

Fun Fact: I am the eleventh out of twelve children.

Inspirational Quote: "It's not whether you get knocked down; it's whether you get back up." — Vince Lombardi



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INTRODUCING

BRITTANNIE CHESTER MS, RD, LDN

Boston Heart Coach - Alabama

Specialties: Diabetes and Heart Disease Prevention and Management, Weight Management

About Me: As a child I always wanted to be in the medical field because I was passionate about helping people with their health issues. It wasn't until after college while working in a Children's Hospital weight management clinic and seeing children struggle to make lifestyle changes that I realized the incredible impact a registered dietitian can have on improving a person's life.

As an enthusiastic and outgoing coach, I am able to encourage people to take their wellbeing into their own hands and make lifestyle changes to help them feel better and manage their health. Getting to know someone's eating habits and preferences and helping them to incorporate healthier choices into their daily routines is very rewarding. Understanding a person's current situation and meeting them where they are is the best approach to nutrition counseling in my opinion. There are so many possible barriers that can interfere with someone living a healthy lifestyle, but I am always ready for a challenge and enjoy coming up with an actionable plan to overcome those barriers.

Transforming southern food into tasty and healthy recipes for my friends and family is one of my favorite activities—especially candied yams, oven fried chicken, and different cabbage dishes. In my spare time you can catch me playing tennis and golf with my husband!

Fun Fact: I've loved playing and watching tennis since the age of five, so much so, that I founded a summer tennis camp with my family for boys and girls in my community.

Inspirational Quote: "Life is 10% what happens to you and 90% how you react to it." — Charles Swindol



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INTRODUCING

CAITLIN QUINN DUNN MS, RD, LDN

Boston Heart Coach — Massachusetts

Specialties: Cardiovascular disease prevention, wellness, motivational interviewing

About Me: I was only ten years old when my Grandfather died of heart disease.

It was then that I realized there was a connection between health and food that I wanted to explore. Through this pursuit I stumbled upon a job I love as a Registered Dietitian – where I can meet people I would not otherwise meet and learn new things from them each day. I approach my work with a laid-back attitude, by appreciating the fun in life and not taking things too seriously. In my experience, I have worked with individuals ranging in ages from 15 to 106! I encourage each person to tell me their full story before I offer my advice, in the hope that I can understand them better. Looking back, when I visited a dietitian for horrible migraines I was having as a kid, I wasn't given a chance to explain myself and was instead given a food list and sent on my way. To this day I remember how disappointed I was. Now that I am an RD, I always make sure that my sessions benefit each person. I mirror my coaching off what I learn from individuals, and work to implement slow and steady changes to achieve the best and longest lasting results. In addition to lifestyle coaching, I enjoy interior decorating and making unhealthy recipes healthier by substituting ingredients.

Fun Fact: I am an identical twin!

Inspirational Quote: "He who has health has hope, and he who has hope has everything." Asian Proverb



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INTRODUCING

LILIA GONZALEZ MS, RD, CDE, CHWC

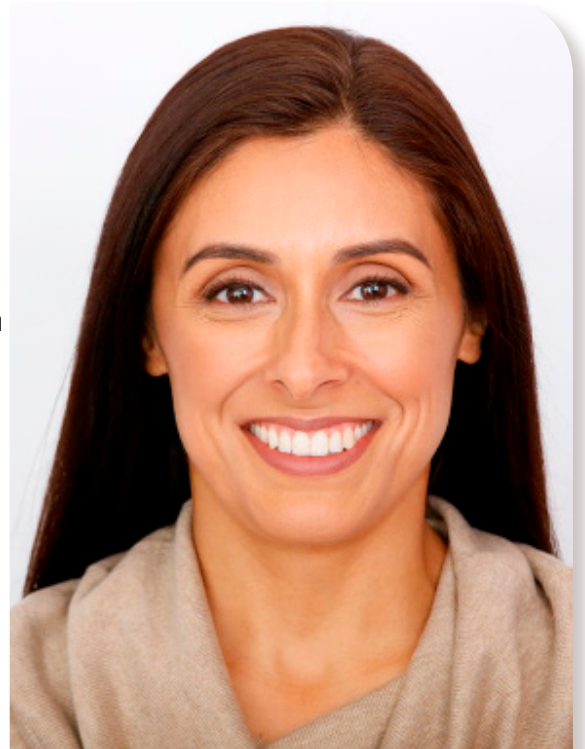
Boston Heart Coach — California

Specialties: Cardiovascular disease prevention, diabetes, sports nutrition, pediatric and adult weight management, Spanish-speaking, vegan-plant based diets, RRCA Certified Running Coach

About Me: I always knew I wanted my future to involve coaching individuals. When I was working as a physical therapist aide, I noticed how many individuals had conditions that could have been prevented by making lifestyle changes. I was drawn to a profession in nutrition. Since then, I have worked with a variety of populations ranging from infants to adults. I am fluent in Spanish and have worked with many Spanish-speaking individuals as well. Along with nutrition, another passion of mine is running. Through the many races I've competed in, the most valuable lesson I have learned is to always persevere. I have had moments where I felt great, and moments where I questioned if I would make it to the finish line. But I've learned that during any race, or when making any lifestyle change, there will be highs and lows—hills and valleys. There will be days when my goals feel impossible. When this happens, I remind myself that I just need to move forward one step, one milestone, or one day at a time. I love applying these valuable lessons I have learned during coaching sessions to help individuals create action plans for their long-term goals. Ultimately, whether it is small steps, big jumps or setbacks, I work with people in a positive and empathetic manner to help them reach their own finish line.

Fun Fact: I've run 37 marathons.

Inspirational Quote: "The miracle isn't that I finished. The miracle is that I had the courage to start." — John Bingham



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INTRODUCING

CAROLINE HOFFMANN MS, RD, CDE

Boston Heart Coach — New York

Specialties: Heart-healthy diets, diabetes prevention and treatment, adult weight management, certified personal trainer and yoga instructor

About Me: I love using my knowledge of nutrition and health to empower people to change their lives – just as it changed mine. Throughout my life, I was constantly rotating between the latest diet trends and fads. I never really enjoyed food. I was always struggling to eat normally, and always on a quest to maintain my weight and health. During this journey, I noticed firsthand how confusing all of the information out there was about health and nutrition. Ultimately, I chose to study nutrition to not only learn the truth for myself, but also to understand how to apply it in the real world. Now, I do just that by helping people to enjoy food again. Good food can taste good and modifying a diet can be a rewarding journey – not an uphill battle. I understand how hard it is to implement dietary changes, so I don't believe in being judgmental. Instead, I am a warm and caring person. I strive to instill confidence in others by helping them establish reasonable and specific goals. In addition to being a lifestyle coach, I am also a Certified Diabetes Educator, ACE Personal Trainer and Certified Yoga Instructor, which add to the knowledge base and skills that can assist me in counseling.



Fun Fact: I love to watch baseball – Go Mets!

Inspirational Quote: “Success is getting what you want, happiness is wanting what you get.” – Dale Carnegie

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INTRODUCING

KELLY HOLEWA RD, MPH

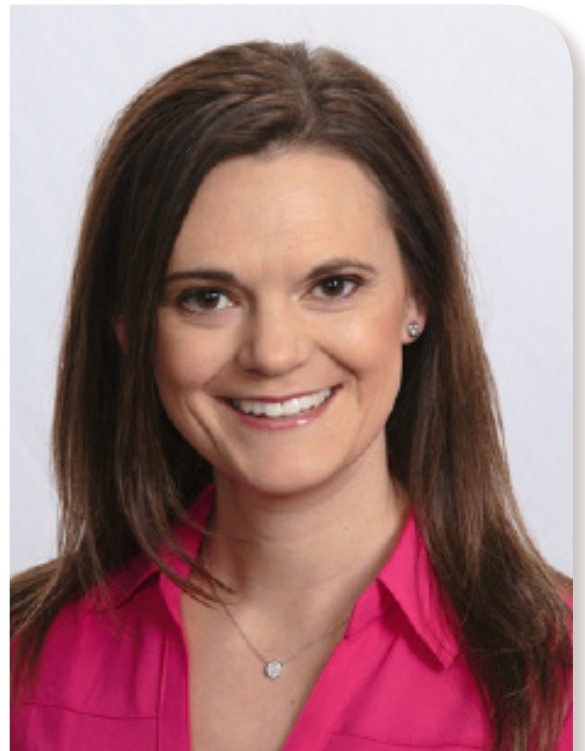
Boston Heart Coach — Michigan

Specialties: Adult weight management, wellness, eating disorders, nutrition for athletes/active individuals, certified personal trainer, spinning instructor

About Me: Ever since I lost my grandmother to complications with type 2 diabetes, I have been passionate about helping people find foods they enjoy, while ensuring they maintain a healthy diet full of nutrients. I have a true love for food and believe enjoying it is a key component of a healthy lifestyle; the trick is learning how to balance your diet and enjoy the right foods and proportions. Individuals find that I am reliable and empathetic, but also determined to help them overcome health barriers. I like to listen carefully to what each individual has to say, and work together with them to meet their goals and realize a better quality of life. Since I have always believed that fitness and diet go hand-in-hand, in addition to studying nutrition I became a certified personal trainer and group exercise instructor. In my spare time, I also love walking my chocolate lab and walking on the beach.

Fun Fact: My favorite sport is ice hockey.

Inspirational Quote: “Although no one can go back and make a brand new start, anyone can start from now and make a brand new ending.” – Carl Bard



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INTRODUCING

COURTNEY KINDER MS, RD

Boston Heart Coach - California

Specialties: Heart Health, Integrative and Functional Nutrition, Health and Wellness Coaching, Gluten Free Diet, Yoga Instructor

About Me: Eating a fairly typical southern diet was a staple in my childhood, but it often caused me to feel unwell. As a teenager into my young adult years, I discovered that my symptoms were due to an undiagnosed auto-immune disease. I eventually learned on my own to manage my disease through diet and lifestyle. The struggle to heal my own body sparked my passion to help others because I believe the healthier people become, the more they can give back to their family and community. Being in a profession that has such far reaching positive effects is very rewarding.

My approach to coaching is with the understanding that everyone's environment, genes, and health goals are unique, which is why in order to see long term success, every person needs their own tailor-made plan. I like to empower people with the tools and encouragement they need to take responsibility for their health and wellbeing. Building a relationship with people and being able to witness their success is what I love most about coaching. When I'm not coaching, my free time is spent cooking, gardening, practicing yoga, hiking, and playing with my dog, Emmett. Walking to the local farmer's market on Saturday mornings to get seasonal produce to cook for the week is also a favorite activity of mine!

Fun Fact: I love re-modeling and flipping houses with my mother. We built my first house together when I graduated high school and we haven't stopped since!

Inspirational Quote: "When diet is wrong, medicine is of no use. When diet is correct, medicine is of no need." – Ayurvedic Proverb



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INTRODUCING

CHAD KNUTSON RD, CDN, CDE, CSCS

Boston Heart Coach - Wisconsin

Specialties: Diabetes Prevention and Management, Exercise Specialist, Weight Management, Sports Nutrition

About Me: As far back as I can remember I have always had a passion for being active. Studying biology in school and learning about how the body works and moves opened my eyes to the power of exercise and made me want to become a Personal Trainer. It was when my grandmother, who had been overweight, was finally able to change her life by adopting healthy eating habits that the impact of nutrition and healthy eating really clicked. The influence that both exercise and nutrition can have on someone's life is fascinating and it's the reason I chose to become a Coach.

I'm a very caring and easygoing person by nature, but I'm also results driven. I have high expectations, yet honor the commitment, hard work, and patience it takes to achieve both my clients' and my own personal goals. There's no better feeling than inspiring and showing others how even small lifestyle changes can have a large impact on their life. Besides coaching, I also enjoy strength training, sports, kayaking, biking, and hiking with my wife and children.

Fun Fact: Cooking and exploring the world of culinary arts is a favorite activity of mine, therefore I am the chef and grocery shopper for my family!

Inspirational Quote: "Those who think they do not have time for bodily exercise will sooner or later have to find time for illness." – Edward Stanley



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INTRODUCING

JAN KULIKOWSKI RD, MA, LDN

Boston Heart Coach — Massachusetts

Specialties: Heart health, women's health, diabetes, heart health, lacto-ovo vegetarianism, professional coaching certification, addiction recovery nutrition counseling

About Me: Much of how I approach people in encouraging lifestyle change stems from my experience with and love of hiking. At the start of each hike, the journey always seems insurmountable. The only way to get started is to take one step at a time, accepting that there will be times when I feel like heading back down and calling it a day; and times when I need to stop, breathe, and just ask for help. It's during those times I find it especially helpful to tell myself to "try one more step" — and lo and behold, I can continue! When working with individuals, I always try to be compassionate and empathetic, as well as inspirational and logical. I help people identify their personal goals and take great satisfaction when a person's health improves and when they feel a difference. On any given hike, like any road to a lifestyle change, support and encouragement can be all someone needs to keep going. I always encourage individuals to go at their own pace and take it slowly; in the end they will realize that if they try, they can succeed! In addition to hiking, I also love gardening and making my family's recipes lighter and healthier.

Fun Fact: I survived Hurricane Gilbert while on Cozumel, 175 mile winds, when all sand was blown off the island. Hopefully I have eight lives left of my nine!

Inspirational Quote: "Yesterday is gone. Tomorrow has not yet come. We have only today. Let us begin." — Mother Teresa



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INTRODUCING

QULA MADKIN MS, RD, LD, CDE

Boston Heart Coach — Mississippi

Specialties: Diabetes prevention and management, adult weight management, sports nutrition, motivating change

About Me: I am a caring, considerate and outgoing individual who loves to spend time with family and learn new things. I approach much of what I do from the Golden Rule standpoint, always trying to treat people how I would want to be treated. This was a lesson I learned in fourth grade when my group of friends was bullied and I was the only one to stand up for myself. I refused to follow the group, and was ostracized from my friends and forced to play alone at recess for the majority of the year.

Through this experience, I learned the importance of standing up for what I believe in, and how important confidence can be in overcoming a challenge. As a coach, I believe in meeting people where they are, since they know their situation better than I do. Perhaps my favorite part of my job, though, is knowing that when I help someone make a decision to be healthier, it not only helps them, but it helps their families, friends, and communities as well. I firmly believe that a healthy revolution starts with just one person and I love playing a part in getting that healthy ball rolling.

Fun Fact: I grew up in a small Mississippi town that didn't even have one red light.

Inspirational Quote: "In all things give thanks." — 1 Thessalonians 5:18



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INTRODUCING

JENNIFER STINSON RD, LDN

Boston Heart Coach — Massachusetts

Specialties: behavior change through motivational interviewing, adult weight management

About Me: I have always been interested in healthy eating and exercise, and I love that lifestyle coaching allows me to use this knowledge to help people transform their lives. As a coach, I emphasize consistency rather than perfection, and understand the value of taking one day at a time and building on it. Ten years ago, my husband and I set off on a nine month sailing trip. When we first entertained the idea of doing this, I did not know how to sail and had only been on a sailboat a handful of times. In the year building up to our trip, I took sailing courses, read lots of books to learn about others' experiences and took time to plan ahead. I had to step out of my comfort zone and trust in my ability to accomplish something new. What got me through the initial days after we set sail was to focus on one day at a time. This experience is not only something that I will never forget, but also something that I can offer to others. I am proud that I was able to set aside my fears and believe in myself. I love helping people work through their own road-blocks, and encouraging them to work through challenges one day at a time. While I love learning about nutrition, in my spare time I also love to travel, garden and cook.

Fun Fact: I collect seaglass to make and sell my own line of jewelry.

Inspirational Quote: "The rhythm of the body, the melody of the mind & the harmony of the soul create the symphony of life." – BKS lyengar



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INTRODUCING

BONNY TABAH MS, RD

Boston Heart Coach — Arizona

Specialties: Eating disorders, cardiovascular disease and diabetes prevention

About me: I would describe myself as optimistic, energetic and as an empathetic listener. I love helping people overcome day-to-day health challenges and love sharing my knowledge of food, science and nutrition. In the past I have been able to share my knowledge with broad audiences through offering health advice for a nutrition column entitled “nutrition matters,” and developing menus and recipes for a start up restaurant featuring “healthy fast food.” From my experience working with individuals, I learned the importance of helping people feel comfortable, supported and empowered. Recognizing that one approach will not suit everyone is important, and therefore finding success often requires trying a variety of strategies based on the different barriers each individual might be faced with. In my spare time I have had the joy and opportunity to start a home business called “Bonny’s Garden” which sells home crafted garden and culinary items. My husband and I sell at local farmers’ markets and have just expanded to selling online! I believe in challenging yourself with new beginnings at every age. And when confronted with change embrace it, learn from it and enjoy the journey.

Fun Fact: I had a “Zen” experience snorkeling with whale sharks.

Inspirational Quote: “Health is the greatest possession, contentment is the greatest treasure, confidence is the greatest Friend.” – Lao Tzu



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INTRODUCING

CORRIE WEATHERFORD MS, RD, LDN

Boston Heart Coach — Louisiana

Specialties: Adult weight management, diabetes prevention, wellness

About Me: I've always been fascinated with how the human body works. And after watching my mom cycle through fad diets, always gaining and losing weight without ever understanding how to be healthy, I wanted to learn more. I decided to pursue nutrition and health promotion, and now use what I have learned to motivate others to take their health into their own hands.

I personally took control of my health when I challenged myself to lose 20 pounds after college to get healthy and fit. And even though as an adult I never swam, road a bike or ran more than two miles, I pushed myself and eventually completed a triathlon! It was such an empowering and proud moment for me. Much of my approach to coaching stems from my personal experience in changing my own behavior. It is based on the notion that although bettering our health is a serious matter, the process doesn't need to be. Since I am a problem-solver by nature, I love discussing health goals with people and motivating them to take steps towards achieving their goals. The improvement in a person's life is awe-inspiring; and I love being a part of that change.

Fun Fact: I am an Advanced Certified Scuba Diver.

Inspirational Quote: "Never give up on a dream just because of the time it will take to accomplish it. The time will pass anyway." — Earl Nightingale



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