

Health Coaching available at Purdue Fort Wayne

Purdue Fort Wayne provides health coaching at no charge to benefits-eligible faculty and staff and dependents covered on a Purdue health plan.

Health coaching is a confidential and supportive partnership between you and your health coach, and can be an effective way to motivate and encourage behavior change to help you meet your wellness goals. Coaching consultations are available in 30- and 60-minute intervals, and can be done in-person or via telephone.

Meet your PFW health coach:



Lindsay Bloom

"I am passionate about leading a healthy lifestyle and enjoy sharing that passion with others by giving them the tools to make positive lifestyle and behavioral changes."

– Lindsay Bloom

Lindsay holds a Bachelor of Science degree in Exercise Science from Huntington University with minors in biology and health education. She has over 20 years of experience in the health and wellness field.

In her spare time, Lindsay enjoys running, reading and spending time with her husband and four children.

Her certifications include:

- American College of Sports Medicine – Certified Exercise Physiologist
- Real Balance - Certified Health and Wellness Coach
- National Wellness Institute – Certified Worksite Wellness Program Manager



Coaching consultation topics

It's your choice as to what you want to focus on to improve your well-being; topics include:

- Goal setting and implementation
- Habits
- Health maintenance
- Finances
- Tobacco cessation
- Life satisfaction
- Physical activity
- Sleep and relaxation
- Stress management
- Social interactions
- Self-care
- Wellness
- Weight loss
- Relationships
- Spiritual practices
- Mindset
- Nutrition/healthy eating/whole foods
- Social connection and community involvement
- Job skills and career management
- social, self-care and wellness education
- Meditation
- Home cooking and gardening

Call 260-481-6651 or email lbloom@pfw.edu to schedule.



NOTE: All telephonic interactions are available to patients free of charge. Patient must submit a signed HIPAA privacy agreement and a signed permission form allowing the pharmacist, dietitian, and/or health coaches to email handouts and educational material prior to appointment where personal health information will be discussed with healthcare providers.