



HEALTH OPTIMIZATION THROUGH FUNCTIONAL MEDICINE HEALTH COACHING & NUTRITION

Functional Vitality Health offers a Functional Medicine Health Coaching and Nutrition program that guides our valued clients towards the optimization of health and longevity.

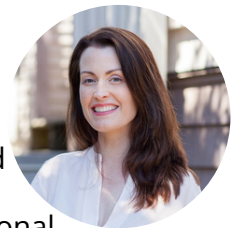
WHAT IS FUNCTIONAL MEDICINE HEALTH COACHING?

A Functional Medicine Health Coach is a key professional partner cross trained in both functional medicine and health coaching. This is a client centered process that supports, educates and motivates the client towards health and happiness. Coaches utilize all the lifestyle factors that influence health outcomes such as sleep & relaxation, stress, relationships & network, nutrition, exercise & movement.

WHAT IS A FUNCTIONAL NUTRITIONIST?

Functional Nutrition is not a one size fits all discipline. We are all unique, with our own genetic make-up, health history, lifestyle, and emotional profile. Each of us therefore requires a customized strategy to achieve and sustain optimal health. Functional Nutrition is aimed at addressing the imbalances in the body by restoring function through food, lifestyle and supplement interventions. With the rise in health challenges all the way through life, the need for this approach is more important than ever.

MEET MELANIE RATHBUN, NBC-HWC, FMCHC, R.H.N.,



Melanie is a Nationally Board-Certified Functional Medicine Health Coach, Registered Holistic Nutritionist, Functional Nutrition Counsellor, and a Heart Math Certified Mentor. She has a special interest in the prevention of cognitive decline, and is trained as a ReCODE 2.0 Brain Coach through Apollo Health. She is also a former corporate leader who understands stress and resilience!

Melanie has a variety of tools in her toolbox to support you on your journey to living younger, longer! She enjoys sharing her passion for health and her love of helping people become their best.

WHAT DOES A PROGRAM PACKAGE ENTAIL?

Through your own personalized program, you will learn how to live a healthy lifestyle through active prevention in order to optimize your longevity. Your program will be designed with your health, lifestyle and personal goals in mind. Melanie is committed to your success, your "why" for living younger, longer!

Learn more about programs and packages [here](#).
Interested in becoming a client? Setup a discovery call [here](#).

Additional questions? Feel free to reach out to hello@functionalvitality.ca