

Health and Wellness Counselor

■ Job Description

Health and wellness training is taken by individuals who are allied health professionals, nurses, counselors, teachers, or health educators to expand their current practices. Health and wellness practitioners work in cooperation with modern medicine, helping their clients live in a way that enhances health and total well-being and avoids illness. Health and wellness counseling encourages self-responsibility; good nutrition; physical fitness; ecological awareness; effective stress management; relaxation; and the development of healthy relationships, sexuality, and spirituality. The practitioner assesses clients' current lifestyles and helps them plan and implement health-promoting lifestyle changes.

■ Job Settings

Health care professionals may incorporate health and wellness counseling into their current work. Others may work in business and industry or health care institutions where their responsibilities include planning and directing wellness programs for employees or other clients. Private consulting in health and wellness is also an option, depending on the professional background combined with health and wellness counseling.

■ Projected Need

As public interest in health and wellness education increases, so may the demand for individuals trained in counseling the public in such topics. Areas where job opportunities should be good for health educators include state and local governmental agencies, private industry associations, and companies involved in health information management or biostatistics.

■ Related Careers

Health education, psychology, nutrition, nursing, rehabilitative therapies, and chiropractic