



## Marie Frohlich, HC

Marie Frohlich is a catalyst for healthy living, advocating for Vermonters' mental and physical health inside and outside the workplace. After witnessing our growing waistlines and serious chronic disease issues through work and travel (rates of obesity among adults in Vermont have increased by 60% since 1995), Marie became a certified health coach to inspire and co-create sustainable solutions for this growing epidemic.

Marie is Principal of Taproot Consulting, LLC. Partnering with an array of people on both the community and corporate levels, Marie has developed and managed goal-oriented health initiatives for communities, schools and organizations. In addition to her individual client practice, her organizational partnerships and clients have included Cabot Creamery Cooperative, Vermont Center for Health and Learning, and the Vermont Department of Health. Her certification for health coaching is through the Institute of Integrative Nutrition in New York and the Columbia University Teachers College in 2008, a 10-month intensive training program working with a broad based holistic model.

### *Marie offers these services to businesses and organizations:*

Speaking, workshops, cooking demos, lunch & learn, monthly recipe newsletter columns and one on one coaching, special team or group health retreats and/or break-time activities.

### *Worksite Wellness Topics can be customized to fit your work culture and include:*

- Getting to an Anti-inflammatory Diet
- Reducing stress through food and mindfulness
- Desk-side snacking for Energy and Focus
- Healthy Living with Sugar for Sweet Relief
- Kitchen Medicine for Colds and Flu
- Eating Healthy Economically

You can see Marie in Action on WCAX here:

<http://www.wcax.com/story/16481393/accelerate>



**Marie Frohlich, HC**  
**Health Coach and Employee Wellness Consultant**

Marie Frohlich is a dynamic health coach with over twenty years of experience working with diverse communities of businesses, organizations, and educators. She has worked with teams on the local, state and national level to support healthy living initiatives in nutrition, family health and wellness and student focused prevention activities. Marie brings her passion and experience to companies interested in developing or expanding their health education materials and programs for in-house wellness programs.

**Phone: 802-654-8787**

**Email: [marie@coachingcenterofvt.com](mailto:marie@coachingcenterofvt.com)**

*Vital Wellness is a division of:*



[www.coachingcenterofvt.com](http://www.coachingcenterofvt.com)

**802-654-8787 or toll free: 877-619-2814**

**76 Pearl Street, Suite 204**

**Essex Junction, VT 05452**