



## **FOR IMMEDIATE RELEASE**

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## **My Health Coach, Inc. Offers A Solution To Rising Health Care Costs**

**Lakeland, FL (March 5, 2007)** – My Health Coach, Inc. announced today the start of the first Health Coaching business in Polk County. My Health Coach, Inc. is a health promotion company specializing in health risk assessment, targeted intervention and on-going health coaching. “Our goal is to decrease disease risk and health care costs by identifying and addressing ‘risk factors’ associated with diseases such as diabetes, cancer and heart disease”, said Sanford Bates, President of My Health Coach, Inc.

“We are extremely excited about helping Polk County residents and businesses in their efforts to decrease health care costs. I know how concern everyone is these days about rising health care costs and we all know how difficult it is to change our behaviors that affect these costs. It all boils down to how important is your health and what are you willing to do about it. That’s where we come in. We’ll help you through the process”, Bates said.

### **About My Health Coach, Inc.**

#### **Mission Statement:**

The mission of My Health Coach, Inc. is to decrease disease risk in our clients and improve their quality of life and vitality.

#### **Company Philosophy:**

The philosophy of My Health Coach, Inc. is that each one of us is empowered to control our own personal health and quality of life through our daily choices. It is estimated that 70% of our healthcare costs are related to lifestyle. We believe that disease risks can be reduced, vitality can be improved, longevity can be enhanced and health care costs can be minimized through positive lifestyle choices.

To learn more about My Health Coach, Inc., their services or to schedule an appointment, please contact us at [healthcoachinfo@aol.com](mailto:healthcoachinfo@aol.com), [www.myhealthcoachinfo.com](http://www.myhealthcoachinfo.com) or call 863 370-2727.

**myhealthcoachinfo.com**

● Health Screening      ● Targeted Interventions      ● Coaching