

Meet Coach Lou

On-site Health Coach

Capitol Square Healthcare



As the on-site health coach at Capitol Square Healthcare, Lou Winterling guides patients through self-directed, sustainable changes that can enhance their overall well-being.

Whether you want to lose weight, stop smoking or manage stress, making lifestyle changes that will help you achieve those goals can be tough. Lou guides her clients to uncover their motivation for change driven by their values with unconditional positive regard and a belief in their capacity for change.

“I love witnessing that ‘Aha!’ moment when a member becomes aware of their success and accomplishments and then discovers their own ability to achieve the goals and success they want for themselves,” Lou says.

Lou layers in her expertise to guide patients in how to adopt and follow new behaviors. Most commonly, patients come to her for lifestyle changes related to weight management, stress management, nutrition, exercise and tobacco cessation.

Additional information is on the back of this card.

Capitol Square Healthcare
101 N 14th Street, Suite 101
Richmond, VA 23219
Open Mon-Fri, 7:30am-6pm

Patient Appointments
1-844-342-1791

Lou works with clients in on-site individual or group coaching sessions. Initial individual assessments are 60 to 90 minutes and follow-up sessions are 30-minutes.

Health and wellness coaching is a second career for Lou, who dedicated more than 20 years to working as a speech pathologist. Over the years, she has treated speech, language, cognitive and swallowing disorders in rehabilitation and Level 1 trauma centers.

After working with patients who have suffered stroke, heart attack, trauma and more, Lou saw an opportunity to work with chronic disease prevention.

She became one of the nation's first Board-Certified Health and Wellness Coaches.

Lou is also a Certified Personal Trainer through the American College of Sports Medicine and has additional training and expertise in mindfulness and meditation. She stays current on evidence-based research in behavior change and across the wellness specialty. She works with clients in individual and group coaching sessions. She also offers a variety of wellness theme activity tables, presentations, walking groups and mindfulness sessions.

Lou puts intention into healthy lifestyle behaviors by practicing daily meditation, mindfulness and she plans time to enjoy running, yoga and hiking.

Training: Lou Winterling MS, NBC-HWC, CPT Post Graduate

Duke University Integrative Medicine Professional Health Coach Training Program

Graduate School

Loyola University, Master's degree in Speech-Language Pathology

Undergraduate

Towson University, Bachelor degree in Psychology

Research interests

Behavioral change and mindfulness

On-site coaching services are available for COVA Care, COVA HDHP and COVA HealthAware plan members.

**For patient appointments,
call 1-844-342-1791.**

Learn more at [capitolsquarehealthcare.com](https://www.capitolsquarehealthcare.com)