

Health Coaching Services

If you would like schedule a health coaching session to discuss your health goals, please contact me via email or phone. Some of topics that we can discuss are:

- Weight management
- Nutrition
- Exercise
- Stress
- Sleep
- And more



James Williamson

james_williamson@uhc.com

210-262-0573



About James Williamson

James has a B.S. in Kinesiology from the University of Texas at San Antonio, is a *Certified Personal Trainer* and has over 20 years working in the health and wellness industry. James has experience in health coaching, weight management counseling, personal training, and wellness program support. He has been with UnitedHealthcare for 9 years and is passionate about helping individuals reach personal health goals and encouraging those around him to live a healthy lifestyle.

