

Meet Your Wellness Coach



Debra Patetta

Certified “Life/Wellness” Coach (iPEC)
– Institute for Professional Excellence in Coaching
Certified “CTI” Teacher – Concept Therapy Institute
Certified Group Exercise Instructor and Personal Trainer – AFAA

Previous Background

Prior to joining Ramp Health, Debra gained over 20 years experience working as a health fitness professional, manager, and entrepreneur. Debra has provided fitness and wellness services to people’s homes, the community, and corporations. Her approach is to address the “whole” person physically, mentally, emotion-ally and spiritually as it relates to increased overall health and well-being. Debra enjoys spending quality time with her husband, family and friends. Her hobbies include personal development, watching educational and inspiring movies, cultural dining, traveling, theater, photography, and billiards.

Consider Wellness Coach Deb as a personal resource who will gladly answer your questions and offer coaching in areas such as:

Health Metric Testing:

- Blood Pressure
- Body Composition
- Hydration

Management of Minor Aches or Muscle Soreness

General Health and Wellness Topics:

- Exercise, Fitness and Conditioning
- Tobacco Cessation
- Stress Management
- Nutrition
- High Blood Pressure, Heart Disease
- Diabetes
- Sleep

You may contact Wellness Coach Deb at dpatetta@ramphealth.com

Everything is 100% Confidential!