

## Meet Your Wellness Coach



### Suzanne Archer BS

Bachelor of Science in Human Nutrition, Foods, and Exercise

- Virginia Polytechnic Institute and State University

Dietetic Internship Program

- University of Medicine and Dentistry of New Jersey School of Health-Related Professions

Certified Health Coach - American Council on Exercise

### Previous Background

Prior to joining Wellness Coaches, Suzanne gained experience working as a Registered Dietitian and then as a Certified Health Coach in the Northern New Jersey area. Throughout her career, she honed her experience in health and fitness to provide nutritional consults to individuals and groups in various settings. She seeks to learn and grow in the wellness field through continuing education to help her clients meet their personal health goals.

**Suzanne believes that everyone has the ability to be the best version of themselves.**

**Consider Suzanne 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 Suzanne at [sarcher@ramphealth.com](mailto:sarcher@ramphealth.com) or **561-907-8307**

Everything is 100% Confidential!