

## RESOURCES

15 Minutes or LESS Office Health Coaching:

Nutrition, Exercise, Tobacco. . .

5/18/2013

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Gale J. Health Coaching Guide for Health Practitioners: Using the HCA model of health coaching. Health Coaching Australia, 2010. [www.healthcoachingaustralia.com.au](http://www.healthcoachingaustralia.com.au)

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Glasgow R. E., Emont S., and Miller D. C. Assessing delivery of the five 'As' for patient-centered counseling. Health Promotion International, June 2006 Vol. 21; No. 3: 245-255.

American Collage of Preventive Medicine, [www.acpm.org](http://www.acpm.org); search "coaching"

Institute of Lifestyle Medicine, [www.instituteoflifestylemedicine.org](http://www.instituteoflifestylemedicine.org) ; Tools & Resources