

Verria Kelly: A Partner in Wellness



Though she is ready to assist anyone regardless of their wellness state as long as they have a willingness to make positive changes, most clients are already suffering when they arrive. “They have tried everything and are tired of being miserable and then they stumble upon me,” says Kelly.

Optimal Wellness

Kelly’s drive for reaching optimal wellness was not part of her early educational background. “I did not study anything like this. I have a bachelor’s in political science and a master’s in advertising,” says Kelly. As a self-described executive rat, she understands that stress can come from hard work and believes it should be alleviated immediately. “Stress is a precursor for chronic illness. You should be proactive, take time for yourself and, in the end, you will live a lot longer and be a lot healthier and happier,” says Kelly. Everyone manages stress differently. “I close my eyes and take ten deep breaths. Before I finish counting, I am asleep. Sometimes I do yoga,” comments Kelly.

Kelly finds that feeling good comes from positive lifestyle choices which she emphasizes with clients as a health coach. She advises people find activities they like. “Focus on what you enjoy doing and do it. You do not even have to do it well,” recommends Kelly who takes dance classes. It is important to know that a health coach is not the same as a counselor. “I am not going

to listen to your problems. We talk about moving you forward and what you can do. Most clients come in and say how they are feeling, what they have tried, what was not working and do not know what to do,” says Kelly.

Kelly believes the world is one of instant gratification but that does not always happen when it comes to health. “If you have depression or anxiety, there is a drug advertised on television for you and you take it to get rid of symptoms. That does not work for people who are really sick and have challenges,” she says. As someone who tried everything from supplements to the top doctors, Kelly learned this first-hand. For those that are struggling, they are asked to take a look in the mirror. “They have to take a step back, get true with themselves and increase awareness of their own body,” suggests Kelly.

A Health Journey

The answer to your mystery disease or negative emotions cannot be answered with a one-size-fits-all approach. “It is a case-by-case basis. All you have to bring with you is your willingness to do something,” says Kelly. Remember, it is about figuring out what works for you and finding the support you need. “I understand the isolation you go through from your friends and family, and that in and of itself is horrible,” she adds. Nobody should feel alone. “If you have already tried everything and are throwing your hands in the air, you should give me a call,” says Kelly.

Kelly invites Cincinnati women to get to know her as she covers several things she learned during her health journey on her blogtalk radio show which airs every Wednesday at 12 noon. You can get info about each show at blogtalkradio.com/goodhealthcoach. If there’s a topic of interest, you can listen online and chat with her or call in live during the show. Every week is a different topic, such as what is a health detective and why should you become one, doctor/patient communication, choosing the right supplement for you. As you hop on this bandwagon, you might just find good health of your own.

Jamie Lober, M.S. Psychology, has a passion for health promotion and disease prevention. As a speaker and author of [Pink Power \(getpinkpower.com\)](http://getpinkpower.com), She has empowered others to modify health behavior through knowledge.

By **Jamie Lober**
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Verria Kelly has not even been in the Queen City for two years yet is a very well-rounded Cincinnati woman. She is a self-described internet junkie who enjoys reading, running and watching television shows about animals and people’s homes. What makes her unique is that after dealing with personal health problems in the early ’90s, she took matters into her own hands. “I developed different ways to increase awareness of what was going on in my body and managed to get seventy-five to eighty percent of my symptoms to go away,” reflects Kelly. Even more remarkable, she began her self-exploration during a time when most would not even dream it. “My health challenges began when I was twenty-four and most people that age think they are invincible and can eat and do whatever they want,” says Kelly.

The Health Detective

This led Kelly to be nicknamed ‘the health detective’ by her friends. “I feel that when you are really sick and neither you nor the doctor knows what is going on, you really have to become a health detective for yourself, figure out what works for your body and what your body is trying to say to you,” explains Kelly. When nearly twenty doctors could not diagnose what was wrong with Kelly, she was determined to become a more active part of the doctor-patient relationship. “Regardless of what type of doctor you go to or how world-renown he or the center is,” says Kelly, “you still have to have a certain amount of information and bring something to the table to get something out of it or you will waste your money.” Kelly realized the importance of finding a doctor she liked and trusted as she strived to improve her wellbeing. “You should know how to interview a doctor. The doctor knows about medicine. Your body is your specialty and the two together can be very powerful. He should be willing to work with you and listen to you,” insists Kelly.

As a certified wellness consultant, Kelly asks her clients to consider her to be a part of their healthcare team. “I went through a training program to teach people how to eat healthier and live an overall healthier lifestyle. Then, I realized there is a better way to get to the people who are really sick so I decided to become a coach. I had training to be a certified life coach and my specialty is health and wellness,” Kelly explains.