January 3, 2018

To Whom it may concern:

I am writing to support the nomination of Corey Lewis for The Business Record Forty under 40 in recognition of his tireless efforts in addressing and changing unhealthy behavior in adults and children throughout Des Moines, Iowa.

Corey has worked for many years as a health coach in our community. He has provided health coaching through his employment, while also running his own health coaching business to help reach more of the community. Corey currently provides health coaching services at Broadlawns Medical Center, where he works daily to help the underserved community find healthier food choices and access to exercise programs. He also addresses the importance of sleep habits and stress in daily life. To address all of these components Corey meets regularly with clients to create SMART goals and provide resources to guarantee client success.

As Corey’s colleague, I have also had the opportunity to see Corey’s commitment to creating new programs for the community. Corey created the Superhero Kid Academy program at Broadlawns Medical Center, which is a weight management program for children. He then took his program and spread it to the community, where he is now offering the program at King Elementary School. Corey’s dedication to reaching children throughout our community has allowed him to assist dozens of children that wouldn’t currently see a health coach, and has helped them learn about healthier choices and encouraged them to be more active. His excitement has pushed the children to learn to love exercise and healthier food choices, and in turn they are encouraging those healthy behaviors at home with their families as well.

Corey continually works to update his knowledge of the ever changing health and wellness world, by reading the most up-to-date research and planning programs and activities based on scientifically proven research. Corey’s upbeat attitude and attention to detail make him a great health coach, as clients feel that they are being heard, and clients are receiving a specific weight loss plan dedicated for them. Corey meets with patients one-on-one to provide the necessary support system for his clients, while also providing necessary referrals to different exercise and nutrition activities as needed. Corey works well within the Broadlawns Medical Center team to make sure each client is having all concerns addressed.

Corey’s dedication and commitment to our community has truly helped the people of Des Moines live healthier lives. I fully support Corey’s nomination.

Sincerely,

Alexa Reger

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