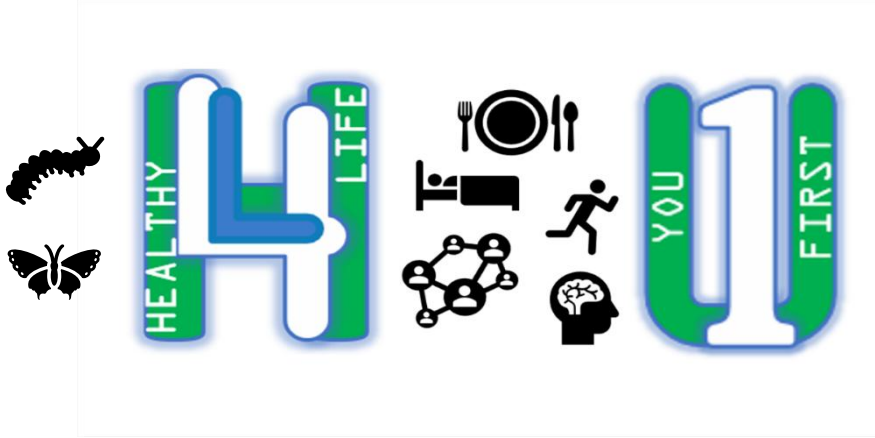
Caterpillar to Wings Hands-on Adventure!

Healthy for Life – Nature's Classroom



Tami Maier Health Coaching and Wellness

Introduction

We can embrace changes and challenges to support our health and well-being. Let us explore this concept through the lens of the metamorphosis seen during the transformation of a caterpillar into a winged butterfly or moth.

There is no substitute for hands-on exploration! Come explore the life cycle of a monarch butterfly (weeks) and the life cycle of a cecropia moth (months) through storytelling, pictures, and videos from my family's personal experiences.

If you are curious and want to consider doing your own experiment, come along on this exploration to see what it is like to raise caterpillars, butterflies, and moths in a simple, impactful way suitable for all ages!

All in the Family

My Grandmother loved butterflies, collecting dozens of decorative pins over her lifetime. My uncle is an entomologist, filled with curiosity from a young age about the science behind the amazing transformation seen as a caterpillar becomes a butterfly or moth, raising many since childhood. I admire both of these perspectives, adding an interest of my own, by viewing this transformation through the lens of lifestyle change.

My family has visited several zoos and botanical gardens with live butterfly exhibits over the years, seeing many lifecycle stages. Interestingly, some exhibits showcased the transformation featuring robotic bugs or Lego models.

It was not until we decided to embark on raising our own live caterpillars, butterflies, and moths together that we truly appreciated the process. Perhaps this story can inspire you!

My daughter and I raised monarch butterflies from eggs we found in our backyard. My son and I raised the cecropia moths with a special gift of eggs and guidance from my uncle. A great way to spend time and connect with others, including children, ranging in age from elementary through high school, in a creative, exploratory way!

Chapter 1
Our Monarch Butterfly Adventure

Amazingly, this memorable experience occurs over only a series of weeks! This short time frame allows for a learning experience with frequent steps and end points that keep participants engaged. Nature's classroom!

Picture 1. Two monarch eggs on a milkweed leaf (left). Three hungry caterpillars in the first week (right). See arrows.

We found monarch eggs on milkweed plants in our yard. The caterpillars emerged quickly (Picture 1). My teenage daughter named five of them during one experience (i.e., Rob, Bob, Carl, Rubert, and Jeffory). She was excited to document our journey, well equipped with curiosity and a mobile phone camera. The caterpillars lived up to the name "hungry caterpillars" over time, with the pictured 10-hour span demonstrating how much they could consume in a short time (Picture 2). Our video shows and describes the feeding behavior of our hungry caterpillars (Video 1). In just a few weeks, the caterpillars shed (i.e., molted) their skins (i.e. exoskeletons) five times, going through growth stages (i.e., instars) between molts.

Once the caterpillars had satisfied their appetites, we noticed that the behavior of the caterpillars changed reflecting a new priority, to focus more on navigating through space to find a suitable location to continue the transformation process (Video 2).

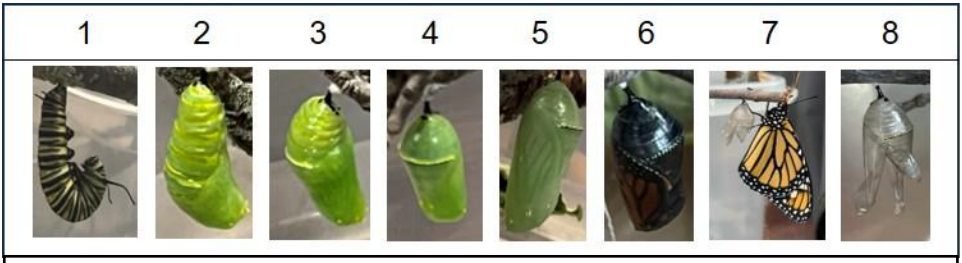
Picture 2. Fresh clean environment and leaves for two of our caterpillars (left). Status 10 hours later (right).

Picture 3 highlights the process of the hungry monarch caterpillars shifting from their feeding to their resting state in preparation for the transitional stage (i.e., pupa, chrysalis). The caterpillars increased in size dramatically as they fed on leaves and shed their skins four times. With all of the stored energy from the plants they ate, each caterpillar attached below a surface with self-produced silk, hanging in a “J” shape. We noticed the tentacles near the head became limp over time, signaling that the fifth, final molt was near.

Picture 3. Hungry caterpillars are busy eating and digesting leaves (left). The caterpillars increase significantly in size as shown just a short five days later (middle). A caterpillar shifts to its resting state as it forms a “J” shape below a surface observed ten days later (right).

As we observed several final molts, we appreciated the fact that much transformation had occurred during this seemingly idle time in the “J”, as the caterpillar’s final outer exoskeleton/skin is pushed up toward the top, exposing the green, yet still moist and flexible, chrysalis. The flexible chrysalis wiggled around to facilitate removal of the final skin, reminding us of the life within (Video 3). You notice the hard work involved leading up to and during the final molt. This is consistent with the extensive work involved in making lifestyle changes. The hardening process of the chrysalis continued for at least over a day, resulting in a solid, inflexible structure that supports further growth and remodeling in a more protective environment (Picture 3, Picture 4).

The chrysalis stage is initially quite uneventful, at least when looking from the outside, but over time we were able to see external changes before a butterfly emerged (Picture 4). It was nice to have more than one chrysalis at the same time, as we were able to observe external changes at varying rates and stages, consistent with the one to two weeks timespan reported in nature. This symbolizes the natural

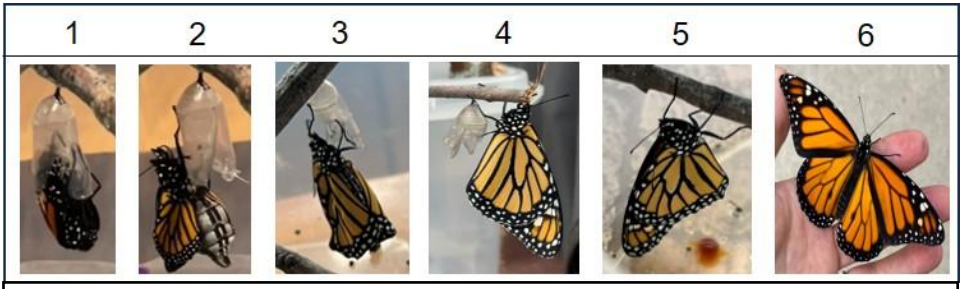


Picture 4. A caterpillar hangs from a solid surface in a “J” shape before the final molt (1). The chrysalis becomes exposed as the final exoskeleton moves upward and is discarded, with the upper section initially quite flexible (2). The chrysalis quickly becomes hardened and sealed over time, starting from the bottom and finishing at the top, occurring over 1-2 days (3, 4). The pattern of monarch wings starts to be visible, while the chrysalis changes from green to deep black, stepwise over a series of days (5, 6). When ready, the butterfly breaks free of containment and begins to expand and dry its body and wings in preparation for flight (7). The remnant of the chrysalis left behind is very thin and brittle, yet still tightly bound to the surface with silk the butterfly made at the beginning of the process.

variability seen in nature and is in alignment with the readiness to make lifestyle changes, both affected in part by internal resources and activity as well as external environmental factors. Over time, we saw each chrysalis change color from green to a dark black, where you were able to see the outline of monarch wings if you looked closely. The emergence of the butterfly out of the chrysalis occurred over an extended period of time in stages, with some distinct observations made by us through pictures and videos (Picture 5).

Within minutes of emergence, each butterfly seemed to grow in size as if it would not be able to go back into the space it just left behind (Video 4). We appreciated how compact each butterfly had been inside their chrysalis as each opened up and prepared for flight. Each monarch abdomen was large and swollen initially as the fluid inside was used to open and unfold the wings. After each monarch emerged, it was striking to see that only a brittle remanent of the outer chrysalis remained, consistent with resources shifting to the

butterfly formation before emergence. The silk made by each caterpillar that attached it to the stick was very durable, requiring significant force to remove it, and making it clearly an effective way to secure the chrysalis in the often-harsh natural environment. (Picture 4 and Video 5). Upon reflection, we appreciated how this tool (i.e., silk) and effort by the caterpillar was crucial to success, similar to how you use tools and effort when making successful lifestyle changes in the face of challenges.



Picture 5. Each butterfly broke out of their confined space when ready, with the metamorphosis that had taken place put on full display (1). While each butterfly hung outside, you had a predominant view of an expanding abdomen full of fluid in just a few minutes (2, 3). The monarch wings continued to open up over time, with visible liquid dripping as they dried off in preparation for flight (4, 5, 6).

In video 6, there were two different butterflies emerging from the chrysalis and preparing for flight at the same time. After they had been compressed in a chrysalis similar to shrink-wrapped food, we saw the presence of more space result in a rapid expansion to expose the characteristic features of a monarch butterfly. We saw their expanding midsections appear as if they were actively growing and saw the slower process to when the wingspans were on full display. The wings needed to dry and harden. We saw pinkish liquid fall below as each butterfly stretched out its body and wings. This liquid contained the metabolic waste products generated during metamorphosis. As they got closer to flight, each monarch butterfly spent time moving their wings, as if to warm up before the takeoff (Video 7).

The monarch butterfly tends to emerge midday, in time to fly when the sun shines. We did our best to mimic the optimal conditions for the process. For the most part, our butterflies emerged in our carefully maintained habitat with a comfortable temperature, humidity, and natural light. We would move them outside when they seemed ready to be released. We experienced a challenge with one of our monarch butterflies, Carl, who struggled through the emergence to fly process (Picture 6). The environmental conditions and timing were perhaps not quite right, resulting in a later emergence from the chrysalis and a missed opportunity to fly in time before dark (Video 8). We brainstormed strategies for Carl as the cold and darkness of night arrived. Although he emerged and was dry, it appeared flight would resume the next day. It was a brisk night. We first placed the container low to the ground and covered. There was a concern that it would be too cold or that Carl would fly into the lid overnight. We decided to bring the container inside and place it in our bathroom with an open lid and closed door. We found Carl as we left him the next morning and were able to transfer him back outside and witness him fly away once he was ready (Video 9)

1

2

3

Picture 6. Carl, the monarch butterfly, struggled through the emergence to flight process once breaking free from the chrysalis. Initially, Carl seemed to be progressing through the expanding, drying process as expected (1). However, as nightfall set in, Carl remained relatively still, as if he had given up on flight. We brainstormed ways to keep him safe overnight. We started outdoors, but switched to an indoor option (2). The next morning, Carl was ready, taking flight midday (3).

When we strive to hit our healthy living goals, we often feel like Carl. We have a task and timeline, but challenges or barriers get in our way. We have to be patient and allow time for the process to occur or consider alternative ways to succeed.

We had a few family members visit us when we were in the middle of a monarch butterfly adventure. We shared the experience with them. It was rewarding to have them be a part of an emergence to fly event! (Video 10).

Are you ready to go on an adventure to raise your own monarch caterpillars and experience the transformative feeling when you see your monarch butterflies emerge and fly?

I remember the feeling of uncertainty and being overwhelmed when starting our adventures. This is why I have made the nature's classroom guide and journal full of tips and strategies for raising your own.

You can receive a copy of the caterpillar to wings guide and journal by signing up for my monthly H4L Health Newsletter here or go to my website at www.tamimaiercoaching.com.

Chapter 2
Our Cecropia Moth Adventure

The cecropia moth adventure began when my uncle gave fresh, viable cecropia moth eggs to my then 4-year-old son and me to nurture. My uncle recovered these eggs through intentional engineering of an environment suitable for mating/fertilization and subsequent recovery of deposited eggs. Without his efforts, this adventure would not have been possible!

Compared to the monarch butterfly adventure, we captured fewer pictures and videos during the experience. The combination of being unfamiliar with the process (i.e., it was before my teenage daughter and I had our monarch adventure), the longer lifecycle, not yet having the convenience of a cell phone camera, and working with a young child with less interest in the details of the process all lead to less documentation. Yet, the few pictures and 2 videos taken will give you a taste of the adventure!

The process was truly quite simple, but required daily attention. The fresh, viable eggs were received from my uncle on a small piece of paper. Per his advice, we supplied some eggs with lilac bush leaves indoors and a few were left outside on our bush. We quickly saw caterpillars indoors and fed them lilac leaves every day.

Cecropia caterpillars shed (i.e., molt) their skins (i.e. exoskeletons) five times, going through growth stages (i.e., instars) between molts. This linear pattern of growth stages is similar to that of the monarch butterfly, except the final molt occurs in a cocoon where it is not visible from the outside. Thus, for the cecropia caterpillars, we observed four molts associated with growth stages, with the last one occurring out of view inside the cocoon of silk that each caterpillar had made. We took a few pictures of the caterpillars in their third and fourth instars (Picture 7).

We learned an important lesson. Don’t put all of your caterpillars together, as an illness or overcrowding resulted in many casualties. Thankfully, we were able to see two caterpillars through the entire life cycle in the end. My son named them Ralph and Bob. We

checked our outdoor lilac bush a few times, but did not directly observe any caterpillars or find any cocoons.

The life cycle of the cecropia moth occurred over many months, which required patience. Once we saw the caterpillars, they were hungry and quickly went through cycles of growth and molting over a series of weeks. Compared to the monarch caterpillars, the cecropia moth caterpillars showed a more dramatic series of visual appearance changes as they went through the molting stages. They started out black, then the second instar had yellow and black features, while the final growth stages/instars had a pale green color with an array of colorful tubercles of bright yellow and blue (Picture 7, Video 1).

Picture 7. Cecropia caterpillars change significantly over 10 days.

After the caterpillars finished feeding, cocoons were spun of pure silk by the full-grown caterpillars. Unfortunately, we did not directly observe that process. We kept the cocoons in an open paper box over the winter in our garage. A typical Wisconsin winter may have many days below freezing, so it is amazing to appreciate how these cocoons protect the transformative process in the wild.

We saw one emerge in June, nearly 1 year since starting the process! (Picture 8). It was quite surprising to learn that after the year-long cycle, an emerged moth only lives for a few weeks! Wish we could have experienced the short journey in flight.

Interestingly, my son found one moth hanging from his red toy plastic wheelbarrow in our garage quite a distance from where we had our box of cocoons (Picture 8). He did frequently use the wheelbarrow in the fall in our backyard where our lilac bush is located. We had put a few eggs on the lilac bush. It was unclear if the wheelbarrow cecropia moth was from our lilac bush or our cardboard box. We did not find a cocoon on the wheelbarrow. It is possible that this moth was from our garage box, but ended up by our wheelbarrow after attempting flight. My uncle shared a third possibility with us. If we had a female in our garage at the time, the pheromones she might have been producing to attract a mate could have lured a male from the wild that happened to be in our neighborhood. Although we cannot confirm the source, we were quite fortunate to notice the cecropia moth as it was preparing to fly.

Picture 8. After forming cocoons, the cecropia caterpillars undergo metamorphosis in the cocoon all winter, with the cecropia moths emerging 8-9 months later.

We did get to see a second cecropia moth dry its wings and prepare to fly. This one we found on the box where it predictably emerged (Picture 9, Video 2). This was a more open area, allowing us to capture a closer view to take a picture and video. The second cecropia moth emerged on Father's Day weekend. It had a symbolic meaning for us, as it was on the day of grandpa's funeral. It was as

if the emergence of our cecropia moth was a symbol of grandpa entering a new phase of his life in heaven.

Picture 9: Cecropia moth preparing to fly after emerging from its cocoon.

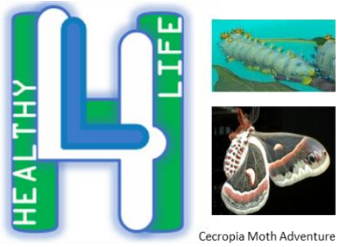
We were amazed at how fuzzy the body of the moth was, like a thick carpet about the size of a thumb. This detail helped us appreciate the extensive metamorphosis that occurred inside the cocoon over the winter. When we make lifestyle changes, we cannot expect to see immediate results. It takes time, commitment, consistent effort, and perseverance through challenges. We had an amazing feeling of accomplishment after witnessing the moth prepare to fly. This is similar to experiencing results as we strive toward our personal health and wellness goals. As long as we stay the course, the endless benefits obtained through the maintenance of healthy habits last longer than a few weeks, as the human lifetime is generally much longer than that of a cecropia moth!

Chapter 3
Healthy Lifestyle Transformation

Imagine yourself starting out as an egg. You become a larva (i.e., caterpillar), transform through a transitional phase (i.e., pupa, chrysalis, or cocoon), and then emerge as an adult (i.e., butterfly or moth). If you want to be a butterfly or moth, you have to do the work of a caterpillar. There are no shortcuts!

Monarch Butterfly Adventure

Caterpillars emerge hungry and focus as they discover, use, and replenish resources as needed. You do the same in your day-to-day life. You thrive when you combine your resources with your behaviors in a way that makes your health and well-being a priority.



Cecropia Moth Adventure

You follow a plan, yet must be flexible, making adjustments and refining your efforts along the way. You need to be hungry to accumulate more knowledge and learn through experience. Like the caterpillar sheds its skin (i.e., exoskeleton) five times, you need to remove things that no longer serve you and make room for growth.

You can navigate through transformational lifestyle change similar to how a caterpillar undergoes metamorphosis into a butterfly or moth. A carefully planned process occurs in a stable, supportive environment, where setbacks and barriers are minimized and/or overcome. Just like a butterfly or moth, the end goal is to achieve a permanent and sustainable change that will be maintained to support your health and well-being.

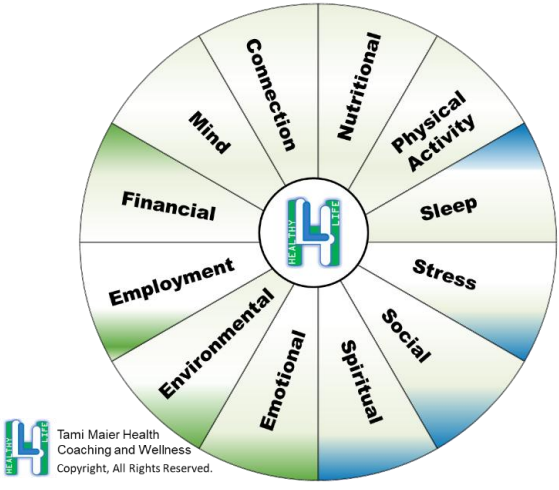
Notably, there is variability in the pace of the process, just like readiness for and the implementation of lifestyle change varies for individuals. In the end, transformation is possible, with patience and persistence.

Chapter 4
Lifestyle Medicine and Healthy for Life Wellness Dimensions

Lifestyle medicine is increasingly being recognized as an intervention that can prevent, delay, or even reverse the burden of chronic disease. It has been shown to promote better health outcomes compared to conventional medicine where the main focus is often to treat or manage existing disease (e.g., medication/pills, procedures/surgery). The focus on prevention in healthcare makes more sense, potentially avoiding instead of reacting to problems when they arise. Each individual should strive to be well (i.e., free of illness or disease), but further thrive at a high level of wellness, or well-being. This is where true life satisfaction is possible. Thriving occurs when a state of flow is achieved, where the balance of challenges and supportive lifestyle skills is optimized for individual goals. The implementation of healthy lifestyle behavioral skills can be difficult to do on your own. A team-based approach to healthcare that includes the development of a plan that is customizable to patient needs can fill the gap.

There are many dimensions of wellness. When reflecting on what is important to be healthy for life, twelve main dimensions were chosen as integral to health and well-being as shown in the Healthy 4 Life wellness wheel.

Healthy habits in nutrition and physical activity form the backbone of wellness. I find that many strive, yet struggle to sustain healthy behaviors associated with the 4-S and 4-E factors (identified with blue and green colors respectively on the wellness wheel illustration). It is important to get (1-S) quality sleep; (2-S) manage stress; (3-



S) maintain supportive social relationships; and (4-S) have a spiritual sense of value and purpose.

The 4-E factors include (1-E) emotional health; (2-E) employment or meaningful contribution to a cause; (3-E) fostering an environment that supports our health; and (4-E) financial health. Notice the 4th "E" is actually a word that begins with "F". This intentional notation reflects the fact that we often are feeling like we need to enhance our financial health, as if the missing horizonal line that would form the "E" is something we continue to strive for now and when planning for the future. On a more comprehensive scale, it is powerful to expand our concept of wealth to include our holistic health in all wellness dimensions, as good health is wealth worth investing in.

Connection is another wellness dimension. Although it includes the concept of connecting with others (i.e. social health), it goes much further, including concepts such as connection with ourselves through self-awareness, our community, nature, artistic pursuits, or even a sense of purpose in life.

The remaining dimension is identified as mind, one that represents an array of concepts. For many, mind represents brain, cognitive, or intellectual health. We want to challenge our mind on a daily basis. We want to also keep in mind the need to support our mental health or mental fitness. We can support our mind by supporting our body. In fact, the mind-body connection is a concept that acknowledges how our thoughts, behaviors, and physical health can influence each other. This dimension also includes the concepts of mindset and mindfulness. When striving to live well, a positive, growth mindset will support our efforts related to lifestyle change and healthy habit formation. Living our daily life in a mindful way helps us to focus on what is truly important, intentionally clearing our mind of distractions in an effort to fully experience life through our senses (i.e., what we see, hear, smell, taste, and touch).

When we holistically make consistent lifestyle efforts to support our health and well-being by taking steps to thrive in all wellness dimensions, we can truly thrive, not just survive each day of our lives. Notably, this can best be achieved through the development of healthy lifestyle skills that support healthy habit formation. We may

also benefit from the support of our healthcare team (e.g., doctor, advanced care practitioners, health and wellness coaches) or a wide variety of medical advances and resources as necessary. This might include pills (e.g., medication, supplements) or procedures (e.g., tests, imaging, surgery). This skills and/or pills model of healthcare acknowledges the amazing role that health supporting medical research and expertise can provide, while empowering us to take charge of our behaviors that allow us to control elements of our health that we are able through the development of sustainable lifestyle skills.

Chapter 5
Health and Wellness Coaches Bridge the Gap in Healthcare

Lifestyle Change.

You make a commitment, gather information, and start implementing behavioral changes for healthy habit formation. You seek support from your healthcare team, with health and wellness coaches there to bridge the gap between information and implementation.

Why does it sound easy but is so hard?

Imagine that you have committed to living a healthier lifestyle after experiencing a setback in your health. You get recommendations from medical professionals, but you don't have a clear vision or path forward. You search online and are overloaded with information, some contradictory. You ask people you know about their experience and opinions, but find that some are inaccurate or biased or don't align with your needs or values. You explore digital tools for goal setting and data collection. You get overwhelmed in all of the options, opinions, and uncertainty, leading to delayed or even the avoidance of action. Access to information does not necessarily lead to successful implementation of lifestyle changes that support your health and well-being!

Now imagine that you have the opportunity to work with a health and wellness coach. They will partner with you to bridge this gap in healthcare, providing ongoing, tailored support as you gather and apply information and resources that can facilitate the active

implementation of lifestyle changes that support healthy habit formation.

How do Health and Wellness Coaches bridge the gap in healthcare?

You are in the driver's seat! Your coach will guide you through the process of self-discovery in a nonjudgmental way to encourage you to bravely come out of your comfort zone, utilize your internal strengths and external resources, and make your needs and values a priority. They will encourage curiosity and a growth mindset, bringing out your inner scientist as you experiment with tools and strategies until you find those that support your well-being. They are a source of information, supportive social connection, encouragement, motivation, and accountability as you embrace the implementation of healthy lifestyle behaviors. They help you navigate through challenges and overcome setbacks. You will become more confident in your ability to change and learn skills that promote self-monitoring and self-regulation that will lead to independent sustainable lifestyle behavioral change. Individual needs or desires are unique and can dynamically change throughout life for a variety of reasons and your coach will be there for support throughout your journey.

Chapter 6
NBC-HWC Scope of Practice

National Board Certified Health & Wellness Coaches (NBC-HWC) are individuals that have demonstrated a high level of knowledge, practical skills, and professionalism in the practice of health and wellness coaching. They have undergone rigorous training and assessment to meet the industry standards set by the National Board for Health and Wellness Coaching in partnership with the National Board of Medical Examiners. They are required to complete continuing education to maintain the certification.

The National Board for Health & Wellness coaching defines a scope of practice for national board certified health and wellness coaches as written here:

Health and wellness coaches engage individuals and groups in evidence-based, client-centered processes that facilitate and empower clients to develop and achieve self-determined, health and wellness goals. Coaches assist clients to use their own insight, personal strengths, and resources to set goals, commit to action steps, and establish accountability in building an envisioned healthy lifestyle. In this way, coaches empower clients through encouragement, exploration, the mobilization of internal strengths, the identification and utilization of external resources, and through the support and development of self-management strategies for executing sustainable, healthy lifestyle changes.

The coach's role is one of accountability partner, not director, in navigating behavioral change and exploring opportunities for growth and development. As facilitators of the behavior change process, health and wellness coaches support clients to achieve self-directed goals and behavioral changes consistent with the client's vision for health and well-being, informed by any treatment plans prescribed by the client's professional healthcare team. When appropriate, health and wellness coaches may offer evidence-based resources or information from nationally recognized authorities. Additionally, when working under the license of a qualified medical or allied health professional (e.g., physician, psychologist, physical therapist), health and wellness coaches may support the implementation of those professionals' treatment plans. On their own, however, coaches themselves do not diagnose, interpret medical data, prescribe or de-prescribe, recommend supplements, provide nutrition consultation or create meal plans, provide exercise prescription or instruction, consult and advise, or provide psychological therapeutic interventions* or treatment.

Health and wellness coaches who hold additional, active, national or state-recognized credentials may provide expert support and guidance within their professional scope for that credential; however, disclosure of the professional role and potential conflicts of interest must be discussed with the client and documented from the onset of a professional relationship. Health and wellness coaches should only function in dual roles with conscious intention and by clearly

outlining both professional capacities, through discussion and documentation, as well as defining the boundaries of each. Further, health and wellness coaches must be well-versed in the professional capacity of each role, including the limits of knowledge and skills respective to each role, understand and demonstrate how to work within the limits of each professional role, and comply with all guiding ethical principles to ensure client interests and needs are at the forefront of the coach-client partnership.

**Therapeutic interventions are methods by which relevant, qualified professionals attempt remediation of a diagnosed medical or mental health condition, guided by the indications and contraindications noted for the intervention itself. Examples of therapeutic interventions provided in the context of treatment include, but are not limited to: Cognitive Behavioral Therapy (CBT), Eye Movement Desensitization and Reprocessing (EMDR), Solution Focused Therapy, Dialectical Behavioral Therapy (DBT), Internal Family Systems Therapy, and other such therapies and treatments relevant to the treatment of diagnosed medical and mental health conditions.*

Acknowledgments, References, and Resources

Acknowledgments

The caterpillar to wings hands on adventure was truly all in the family. I thank my husband and children for being curious and for embracing the adventure experiments in nature's classroom! I also would like to thank my uncle for sharing his expertise, curiosity, and the raw materials that allowed us to explore the cecropia moth.

References and Resources

Butterfly

1. National Wildlife Federation: Monarch Butterfly https://www.nwf.org/Educational-Resources/Wildlife-Guide/Invertebrates/Monarch-Butterfly
2. National Geographic Butterfly A Life - https://www.youtube.com/watch?v=kVm5k99PnBk

Cecropia Moth

1. National Wildlife Federation: Cecropia Moth https://www.nwf.org/Educational-Resources/Wildlife-Guide/Invertebrates/Cecropia-Moth
2. ABC of the Animal Kingdom - Cecropia Moth Life Cycle (easily explained) https://www.youtube.com/watch?v=BMk_HKlavOA

Lifestyle Medicine

1. American College of Lifestyle Medicine (ACLM) https://lifestylemedicine.org/
2. American College of Preventative Medicine (ACPM) https://www.acpm.org/initiatives/lifestyle-medicine/

Health and Wellness Coaching

1. National Board for Health & Wellness Coaching https://nbhwc.org

About the Author

Tami is a National Board Certified Health & Wellness Coach and has a graduate degree in the biomedical sciences. She enjoys supporting others using her perspective gained in former professional roles as a biomedical scientist and a workplace health and safety officer. She has a unique perspective that merges scientific insight with compassionate guidance. Being healthy for life requires more than just information. Tami has found a purpose in supporting lifestyle transformation, empowering others to embrace a growth and experimental mindset in their efforts to find the healthy lifestyle strategies and tools that work best for them. Tami partners with others to support healthy habit formation both in individual and group settings.

Contact Information

- Email contacts
  coach.tami@tamimaiercoaching.com
  tamimaier.healthcoaching@gmail.com
- Website
  www.tamimaiercoaching.com
- H4L Health Newsletter
  https://tamimaiercoaching.com/h4l-health-newsletter/
- NBHWC digital badge:
  https://www.credly.com/badges/8c2ba3bb-9107-470c-8650-05bf61144fc6/public_url
- LinkedIn
  https://www.linkedin.com/in/tami-maier-health-coaching/
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- YouTube
  https://www.youtube.com/@tamimaier.healthcoaching

Caterpillar to Wings Adventure Guide & H4L Health Newsletter

Do we have to let nature take its course? Sometimes it is fun to enter nature's classroom.

Are you ready to go on your own adventure to raise your own monarch caterpillars and experience the transformative feeling when you see your monarch butterflies emerge and fly? Let's Go!

I remember when my daughter and I first embarked on our adventure. It was exciting, yet intimidating, as we were not quite sure about how to best support the transformative process. The overall concept is quite simple, yet the small tips and strategies we learned through experience can help make the process go more smoothly for you! You can receive a copy of the caterpillar to wings guide and journal by signing up for my monthly H4L Health Newsletter here.

If there is enough interest, I will consider hosting a complementary app-based community environment for support and sharing of experiences. Look for future newsletter communications. There is so much value in experiencing the transformation with others!

Are you ready to spread your wings? Sign up for the monthly H4L Health Newsletter today here! or go to my website at www.tamimaiercoaching.com. Each month you will receive information and encouragement to live well and be notified of opportunities to engage in free events or activities.