

YOUR HEALTH COACH

healthy lifestyle solutions



For me, being a Health Coach is not a job, it is a calling. Physical and mental wellbeing, fitness and a balanced diet have always been very important to me. Between 1990 and 1995 I was a member of the Dutch national synchronized swimming team.

I went on to graduate in Communications Management and worked in the PR departments of several Dutch companies before joining Siemens AG in Munich. As a swimming coach, I took my youth team all the way to the top: we won the Dutch national championships. I am a licensed trainer and a certified Business & Habits Coach.



When I was younger, I experienced what can happen when body and mind are not at the peak of fitness. This inspired me to explore the health and wellness industry in depth. Drawing upon my experience in management and sport, I developed the Your Health Coach Concept which I launched in 2010. It helps individuals and organizations to make the right choices and to adopt a happy and healthy lifestyle.

I have reflected upon my own lifestyle at great length. Although I say it myself, I have worked very hard to get where I am today. I think I can claim to be an excellent example of someone with a balanced and happy lifestyle. Get to know me and I'll show you how to achieve the same.

Hello!
I'm Sabine:
Your Health
Coach

- Dutch national synchronized swimming team, 1990-1995
- Studied Communication Management, 1995-2000
- Personal trainer, The Hague, 1999-present
- IMMITS Advertising Consultants, Rotterdam, 2000-2003
- City of The Hague, corporate communication manager, libraries department, 2003-2006
- Siemens Nederland, internal communication, corporate communication, 2006-2007
- Siemens AG/HQ, internal communication, corporate communication, 2007-2009
- Your Health Coach Studio, Munich, 2010-present
- Business Coach, Munich, 2010-present
- Bailine therapist (EMS, nutrition, sport), 2010-present
- Member of Fachgesellschaft für Ernährungstherapie und Prävention, 2015-present
- Habits Coach, USA, 2016-present
- Sabine Heijman B.V., Founder and CEO, 2016-present