



Health Coaching Market

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The Global Health Coaching Market Size was valued at \$16,914.65 million in 2021 and is estimated to reach \$34,812.48 million by 2031, growing at a CAGR of 7.4% from 2022 to 2031. Health coaching is a type of lifestyle coaching that focuses on helping people improve their overall health and well-being through lifestyle and behavior changes. It is an evidence-based approach that uses evidence-based strategies to help individuals improve their physical, mental, and emotional health.

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