



More ways to connect to care.

Screen simulated.

[Learn More](#)



SHAPE

SUBSCRIBE



HSBC
Bank + **SHAPE**

HOW MEREDITH WADSWORTH FOUND BALANCE—AND A CALLING—IN WELLNESS

Meredith Wadsworth always knew where she was going. When she finished college, she already had a job lined up in the New York fashion industry. Her life had a clear trajectory. That is, until she started feeling that something was just off.

Two years into her job in fashion buying, Wadsworth felt uninspired.



“There was kind of a void there that I needed to fill,” Meredith says. Finding out what was missing started her out on a health and wellness journey that has transformed her life.

She took a step back and asked herself what made her happiest. There were two answers: 1) yoga, and, 2) a healthy, home-cooked meal.



“ SHE WAS PASSIONATE ABOUT LIVING HER BEST LIFE, AND WANTED TO FIND A WAY TO HELP OTHER PEOPLE DO THE SAME THING.”

Health and wellness have always been an integral part of Wadsworth’s life. But she never thought they could lead to a career.

“I’ve always been testing what worked for me and what doesn’t work,” she says. As she considered it further, she realized she was passionate about living her best life, and wanted to find a way to help other

people do the same thing. Meredith did some research and found an online school that offers classes in health coaching. She had found her calling.



But before she could launch a career helping other people, first she had to help herself. “I really treated myself as my first client and asked myself all the tough questions,” Meredith says.

She looked not just at what she ate, but the other things in her life she expected to nourish her: her relationship, home and career. None of it was working. So she made a clean break—quitting her job, breaking up with her boyfriend, and moving out of her apartment. She was ready to start again. Meredith’s change in direction brought her closer to what she calls “living in alignment.”

“Living in alignment,” she says, is “learning who you are, what really matters the most, and making sure that what you’re doing every single day and every moment is aligning with what those goals are.” It’s an introspective approach that encourages each person to focus on their inner voice and tune out distractions. Meredith set up a coaching practice, [The HYE Life](#), and emphasizes to her clients that mental and physical well-being go hand in hand.

“Your biology is impacted by your biography,” she says. “If you’re really going to try to target your physical health, you have to look at your mental well-being.”

Many of Meredith’s clients come to her because they want a better relationship with food, but there’s often more to their concerns than just diet.





IF YOU'RE REALLY GOING TO TRY TO TARGET YOUR PHYSICAL HEALTH, YOU HAVE TO LOOK AT YOUR MENTAL WELL-BEING."



“When we are hyper-focusing on something,” she says, “whether it’s food or exercise, it’s because we’re avoiding thinking about or addressing issues in our life.” Part of health coaching is helping her clients figure out what those other issues might be.

For this reason, she tries to be as accessible as possible, offering support via text when her clients have questions or need to talk something through quickly. “Sometimes it’s really in those singular moments that we really need the most support,” she says.

Looking back, she finds it fitting that her health coaching business took off only after she dedicated herself to revamping her own life. In many ways, Meredith’s journey has just begun. She is currently spending a

year traveling the world, exploring holistic health in an array of different communities, and always learning more about herself along the way.



Her “Made it Moment” comes anytime she helps a client see what it is they want in life.

“Miracles are just a change in perspective,” she says. And when changing someone’s perspective ends up changing their life? “That is truly a gift.”

SHAPE

Magazines & More

Learn More

Subscribe

Customer Service

Advertise

Affiliate Program

Connect

Follow Us



Subscribe to Our Newsletter

OTHER MEREDITH SITES



