



Aaron Brisky (He/Him)

Peer Mentor In-person/Tele-Health

Special interests:

Physical Fitness and Health | Parenting | Disability Related Support | Mental Wellness | Alcohol Recovery | Men/Youth Wellness | Parenting Support | Anxiety and Depression | Outdoor Recreation | Self-Care | Job Skills and Workplace Success | Cooking/Baking | Traveling and Exploration

Aaron is a life-long resident of Wisconsin who has worn many hats throughout the years. From working in construction to transitioning into management, he finally found his passion in health and fitness. His journey towards becoming a health coach wasn't a walk in the park, though. He faced numerous struggles and challenges along the way. One of his defining moments was when he helped coach his son's baseball team. It was during this time that Aaron discovered his innate love for helping others. The joy he felt while mentoring and guiding the young players made him realize how much he enjoys positively impacting people's lives.

Outside of his professional life, Aaron is a devoted father of 5 boys, and spending time with them brings him immense joy. They share a deep bond and are often seen camping, fishing, engaging in various physical activities, and whipping up delicious meals together. These activities bring them closer and serve as a form of escapism for Aaron. Despite his outwardly positive and active lifestyle, Aaron struggled with his own health at times.

However, instead of succumbing to these difficulties, he chose to confront his health issues head-on. This led him to make a conscious decision to take charge of his well-being and become more serious about his health. His journey towards better health

ultimately led him to become a certified health coach. Aaron turned his passion for health and fitness into a full-time vocation to cope with his own struggles and better connect with others facing similar challenges.

He found solace in helping others overcome their health obstacles and achieve their wellness goals. Through his own personal experiences, Aaron gained a deep understanding of the physical and emotional hurdles one faces on the path to better health. Aaron's approach to coaching goes beyond just providing exercise and diet plans. He delves into the mental and emotional aspects of making lifestyle changes, drawing from his own experiences of overcoming challenges and setbacks. His guidance isn't just based on textbook knowledge; it's deeply rooted in empathy and understanding.

By sharing his struggles and the coping mechanisms he developed along his own health journey, Aaron has become a beacon of hope for many. His ability to relate to others on a personal level while providing practical advice has earned him the trust and respect of those he works with. Aaron's dedication to his own well-being and his unwavering commitment to helping others navigate their own health challenges truly sets him apart in the field of health coaching.