

COACHES

Oracles of wisdom with inspired game plans, these dedicated wellness mentors will motivate you to achieve your personal best. BY JULIA SZABO



STEFANIE SACKS: FOOD GURU

Culinary nutritionist Stefanie Sacks, author of the best-selling *What the Fork Are You Eating?* (Tarcher/Perigee) advocates “Edible Education”: decoding ingredient labels, debunking bogus package claims, rehabbing refrigerators, healing America one plate at a time. “This,” she says, “is my religion.”

Available for one-on-one consults, virtual or in person, the empowering food evangelist with fans who include Donna Karan and Dr. Oz preaches “food choice for optimum wellness.” For proof that good-for-you grub can be mouthwatering, check out the video Sacks made for a recent TEDx-Manhattan Talk, in which her young sons assist her in the family’s Montauk kitchen, squeezing fresh lemons for lemonade, slicing spuds, then frying them in grapeseed oil for from-scratch potato chips.

Hungry for a bag of store-bought snacks? No worries, with a caveat: “When buying packaged foods, always read the ingredient list—if it’s long, or you can’t pronounce something, don’t buy it. I stick with any brand with just potatoes or corn, oil and salt.” reboot-food.com

KRISTIN GLOSSERMAN: POSITIVE PROJECTOR

“Your best version” is life coach Kristen Glosserman’s goal for her clients. Coaches lead by example, and Glosserman’s 13-year career is exemplary: “I began coaching on Wall Street, on the actual floor of the Stock Exchange, where most of my clients were executives,” she says.

After surviving a divorce, she “psyched (herself) up” to find true love: a firm believer that “when you believe something is possible, you make it possible,” she visualized and chanted her way to domestic bliss; “I repeated, I’m gonna meet him and he’s gonna be awesome. Then my life changed: I married a wonderful husband (Hill Country Barbecue Market founder Marc Glosserman), an entrepreneur whom I’ve coached through the opening of five restaurants.”

The couple’s four children have improved their mom’s coaching acumen. “A great coach,” she says, “reminds you how to use your gift out in the world.” So does a great parent—which is why Glosserman broadened the scope of her practice, becoming certified as a Positive Discipline parent educator. kristenglosserman.com

SARAH WRAGGE: GREEN GO-GETTER

You know you’re in good hands when your wellness coach looks in the mirror and sees a compelling success story. In her teens and 20s, Sarah Wragge battled chronic health issues, including acid reflux. Today, her mirror reflects what followers of her Instagram feed (@WraggeMamma) clearly see: the radiant mother of a smiling infant son.

She’s inflammation-free thanks to a holistic balance of exercise (AKT In Motion and The Class by Taryn Toomey) and giving her juicer a daily workout. “You should move your body and eat greens every day,” Wragge says. “Vegetables oxygenate your system to sweep away toxins; sweating does the same thing.”

Baby Christian (dad is CBS2 anchor Chris Wragge) was the first beneficiary of Sarah’s cleansing regimen: “He’s only known organic foods, breast milk and purified water.” Now, his mama mothers a growing list of protégés, motivating them to ditch sugar and dine out on veggies. “Next time you go out to dinner,” Wragge says, “start with a salad—but don’t order an entrée, order three or four side vegetables instead.” wraggemamma.com 🌿