FITNESS

How to Become a Longevity Coach in Austin: Heat, Tech Clients and Texas Scope — Skills, Scope and Training Path

LetsGo Editorial · LetsGo Editorial · 6 November 2026 · 6 min read

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Short answer: Austin clients are often tech workers with wearables, a fondness for the latest protocol and summers above 100°F. The coach's job is to turn that enthusiasm into basics that last. A longevity coach helps clients build and keep the habits with the best evidence (activity, strength, sleep, food quality) and refers everything medical. Coaches do not diagnose, prescribe or sell treatments. This page is education only. For local context see our [Austin hub](/us/austin).

Skill 1: speak the guidelines

US guidelines call for at least 150 minutes of moderate aerobic activity a week plus muscle-strengthening on two or more days ([Physical Activity Guidelines](https://odphp.health.gov/our-work/nutrition-physical-activity/physical-activity-guidelines)). Most clients are far from that, so the job is mostly closing the gap, not adding exotic protocols.

Skill 2: strength and fitness literacy

Muscle-strengthening activity is associated with lower all-cause mortality across cohort studies ([Momma et al., BJSM 2022](https://pubmed.ncbi.nlm.nih.gov/35228201/)). Higher treadmill-measured fitness tracks with lower mortality ([Mandsager et al., JAMA Netw Open 2018](https://pubmed.ncbi.nlm.nih.gov/30646252/)), and weaker grip with higher mortality ([Leong et al., Lancet 2015](https://pubmed.ncbi.nlm.nih.gov/25982160/)). These are associations, but they give a coach trainable, repeatable baselines.

Skill 3: heat-aware outdoor coaching

Austin summers are long and hot. CDC notes that many common medicines change how the body handles heat ([CDC heat and medications guidance](https://www.cdc.gov/heat-health/hcp/clinical-guidance/heat-and-medications-guidance-for-clinicians.html)). Move hard outdoor sessions to early morning, plan shade and water, and refer clients on regular medicines to their clinician before heavy heat training.

Skill 4: calm the protocol chasers

Tech clients often arrive with a stack of supplements, wearable scores and podcast protocols. Pick one or two metrics that support a habit, such as sleep duration and weekly strength sessions, and decline to interpret raw traces medically. If they ask about a peptide or prescription medicine, refer them.

Skill 5: protect muscle for clients on GLP-1 medicines

Part of the weight lost on GLP-1 medicines can be lean mass ([Neeland et al., 2024](https://pubmed.ncbi.nlm.nih.gov/38937282/)). Coaches support strength training and protein-first meals; dosing, side effects and product questions go to the prescriber.

Skill 6: sleep basics

Adults should regularly sleep seven or more hours a night, per the AASM and Sleep Research Society consensus ([Watson et al., 2015](https://pubmed.ncbi.nlm.nih.gov/25979105/)). Coaches work on wake times, wind-down routines and caffeine timing; loud snoring, gasping or severe daytime sleepiness go to a clinician.

What a first session looks like

A good first session is mostly listening. Ask about goals, a typical week, current activity, sleep, work patterns and any medical care the client already has. Take a health-history form, but do not interpret it: if anything on it suggests a medical issue, ask the client to check with their clinician before you start training. Agree on two or three habits for the first fortnight, not ten. Record a baseline the client can repeat, such as a timed walk, a sit-to-stand count or grip strength. End by writing down what you will and won't do, and how the client can reach a clinician if something changes.

Red-flag referrals

- Chest pain, fainting, palpitations or unusual breathlessness on exertion. Chest pain is an emergency. - Unplanned weight loss, or GI symptoms or dizziness on a GLP-1 medicine. - Low mood, disordered-eating patterns or talk of self-harm. - Any request to source, dose or "stack" peptides or prescription medicines.

Texas scope: food advice and outdoor spaces

Texas licenses dietitians through the [Texas Department of Licensing and Regulation](https://www.tdlr.texas.gov/), so keep nutrition talk general and refer individual medical nutrition therapy to a licensed dietitian. For movement, [Austin Parks and Recreation](https://www.austintexas.gov/department/parks-and-recreation) runs the city's parks, pools and trails, including the routes around Lady Bird Lake, which make a good monthly timed-walk course in the cooler months. Always check the heat index before outdoor testing.

A Austin-style weekly check-in

- **Monday:** two strength sessions booked, indoors in summer afternoons. - **Midweek:** early-morning walk or ride logged, with water. - **Weekend:** one longer outing, timed to avoid peak heat. - **Monthly:** retest the timed walk and grip on the same route and device, in similar conditions.

Common questions

- *"My ring says my recovery is low. Should I skip training?"* "Let's look at how you slept and feel. If you feel unwell, see your clinician." - *"Can you get me BPC-157?"* "No. I don't source peptides or medicines." - *"Is it safe to train at 3pm in July?"* "Let's move it to early morning, and ask your doctor if you take regular medicines."

Credentials and honest marketing

The [NBHWC](https://nbhwc.org/) runs the national board certification exam for health and wellness coaches; scope language is on its [scope of practice page](https://nbhwc.org/scope-of-practice/). No coaching credential lets you prescribe. The FTC expects health claims to be backed by competent and reliable scientific evidence

([FTC Health Products Compliance Guidance](https://www.ftc.gov/business-guidance/resources/health-products-compliance-guidance)), and FDA's [health fraud page](https://www.fda.gov/consumers/health-fraud-scams) lists the kinds of claim to avoid. Skip "reverse ageing" and disease claims; describe what you do.

Building a client base without medical claims

Most new coaches find early clients through people they already know: workplaces, gyms, running clubs and community groups. Offer a short talk on strength after 40 or sleep basics, with no medical promises. Partner with clinicians by sending them clear, consent-based summaries and respecting their decisions, not by asking them for referrals in exchange for anything. Price by time and support (sessions, check-ins, programme design) rather than by outcomes such as kilograms lost or "years added".

A 90-day path for new coaches

1. **Days 1–30:** finish [Level 1](/academy), write your scope statement, and practise referral scripts. 2. **Days 31–60:** take [Level 3 evidence quality](/academy/level-3/evidence-quality-for-coaches) and [scope of practice](/academy/level-3/scope-of-practice); coach two practice clients for free with written consent. 3. **Days 61–90:** study [US state scope](/academy/level-4/us-state-coach-scope) and [working alongside GLP-1 prescribers](/academy/level-4/glp1-coach-alongside-prescriber); create your profile at /coach.

LetsGo Academy

Start free at [Level 1](/academy). Level 3 (US$300): evidence, scope, GLP-1 and peptide foundations. Level 4 (US$500): prescriber collaboration and US scope. Level 5 (US$500): jurisdiction cases. We do not promise income or client numbers. *Education only. LetsGo Academy is not NBHWC certification and does not grant any licence to practise.*

Safety note

Education only. Coaches educate and refer; they never prescribe, dose, source or sell medicines.

Disclaimer

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