FITNESS

How to Become a Longevity Coach in Indianapolis: Flat Trails, Car Commutes and Corporate Clients — Skills, Scope and Training Path

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Short answer: Indianapolis is a car-first metro with flat greenway trails, a big sports culture and many corporate and life-sciences employers. A longevity coach helps clients build the habits with the strongest evidence (activity, strength, sleep, food quality and social connection), explains claims honestly, and refers anything medical. Coaches do not diagnose, prescribe or sell treatments.

This page is education and career information, not medical advice. See our [Indianapolis hub](/us/indianapolis) for local context.

Skill 1: speak the guidelines

The US [Physical Activity Guidelines](https://odphp.health.gov/our-work/nutrition-physical-activity/physical-activity-guidelines) recommend at least 150 to 300 minutes of moderate aerobic activity a week, plus muscle-strengthening on two or more days. Most longevity coaching is helping people actually do that, week after week. If you can explain the guidelines simply and adapt them to a client's job, family and joints, you are already ahead of most "protocol" content.

Skill 2: strength and fitness literacy

Observational data link higher cardiorespiratory fitness with lower long-term mortality ([Mandsager et al., 2018](https://pubmed.ncbi.nlm.nih.gov/30646252/)), and a meta-analysis linked muscle-strengthening activity with lower all-cause mortality ([Momma et al., 2022](https://pubmed.ncbi.nlm.nih.gov/35228201/)). These are associations, not guarantees, but they justify a coaching focus on progressive strength and aerobic work. Learn to explain the difference between association and cause; clients respect it.

Skill 3: turn a car-first city into a moving one

Most Indianapolis clients drive to work and sit for long periods. The win is building movement into the week: short walks after meals, a lunchtime loop, and weekend rides or walks on the city's greenways. Flat trails suit beginners and older clients well. Pair that with two strength sessions, because walking alone does not build much muscle. Corporate clients often respond to team challenges, but keep them inclusive and avoid weight-loss leaderboards, which can harm people with eating-disorder histories.

Skill 4: calm the protocol chasers

Some clients arrive with long supplement stacks, peptide adverts or a list of tests from a podcast. Your job is not to argue but to sort: what has good human evidence, what is unproven, and what needs a doctor. FDA's [health fraud page](https://www.fda.gov/consumers/health-fraud-scams) is a useful shared reference for "cure" and "reverse ageing" claims. Product, dosing and testing decisions go to the client's clinician.

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

More clients are on GLP-1 medicines, and lean-mass loss is a known concern ([Neeland et al., 2024](https://pubmed.ncbi.nlm.nih.gov/38937282/)). Coaches can support protein-first meals and two strength sessions a week, alongside the prescriber. Dosing and side effects are never the coach's call.

Skill 6: sleep basics

Regular sleep and wake times, morning daylight, a cooler and darker bedroom, and less late caffeine and alcohol are simple habits to coach. Loud snoring, gasping at night or daytime sleepiness that affects driving should go to a doctor.

What a first session looks like

Spend most of the first hour listening. Ask about goals, a typical week, current activity, sleep, food, work and family pressures, and any conditions or medicines the client is happy to share. Agree one or two small habits for the first fortnight, such as a daily 15-minute walk and one strength session. Explain clearly what you do and do not do, and how you will refer if something medical comes up. Write it down and send a summary afterwards.

Common questions

- *"Should I get my biological age tested?"* "It's your choice, and your doctor can help you decide. I'd rather we track what you do each week." - *"Which supplements should I take?"* "That's a question for your doctor or pharmacist, especially if you take medicines. I can help with food and habits." - *"How fast will I see results?"* "I can't promise a number. We'll judge progress on the habits you build."

Red-flag referrals

Chest pain, fainting, unexplained weight loss, new neurological symptoms, low mood with thoughts of self-harm, or signs of an eating disorder: refer immediately to a clinician or emergency services. Write your referral steps down before you take your first client.

Indiana scope: titles, food advice and referrals

Medicine, dietetics, physical therapy and other health professions are regulated in Indiana. Do not use clinical titles you do not hold, keep food advice general, and refer medical nutrition therapy to a registered dietitian. Check current state rules yourself before you market services. Use [NBHWC scope of practice](https://nbhwc.org/scope-of-practice/) language in your intake forms and on your website.

A Indianapolis-style weekly check-in

Monday: review steps, strength sessions and sleep. Wednesday: one practical tip, such as a 10-minute walk after lunch. Friday: plan a weekend greenway walk or ride and one strength session. Keep the check-in under five minutes and focus on what the client did, not on the scale.

Credentials and honest marketing

Credentials such as [NBHWC](https://nbhwc.org/) board certification, or a recognised personal-training certificate, show training. They are not a licence to practise medicine. Market outcomes you can control (sessions held, habits built) rather than weight numbers, biological age or disease claims. Disclose any paid partnerships clearly.

A 90-day path for new coaches

1. **Days 1–30:** finish foundations, write your scope statement and referral list, and coach two or three practice clients for free. 2. **Days 31–60:** build a simple intake form and weekly check-in template; ask practice clients for honest feedback. 3. **Days 61–90:** publish a profile, take a small number of paying clients, and review every case against your scope. **Local spaces.** [Indy Parks and Recreation](https://www.indy.gov/agency/indy-parks-and-recreation) runs parks, family centres and greenways across the city, useful as free venues for walking groups and outdoor sessions.

LetsGo Academy

Start free with [Level 1](/academy). [Level 3 (US$300)](/academy/level-3/evidence-quality-for-coaches) covers evidence quality and [scope of practice](/academy/level-3/scope-of-practice). Level 4 (US$500) covers [working alongside GLP-1 prescribers](/academy/level-4/glp1-coach-alongside-prescriber) and [US state scope](/academy/level-4/us-state-coach-scope). Already coaching? Create your profile at /coach. We do not promise income or client results. *Education only. Not medical advice. LetsGo Academy is not a licence to practise.*

Safety note

If you have a medical condition, are pregnant, or take prescription medicines, check with your own doctor first.

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