

BUSINESS

The Healthy Boulevard

Theresa Theis, owner of The Healthy Boulevard, believed her health was worth more than her six figure income. The last months of her 17-year corporate position brought enough stress that Theis eventually recognized she was neglecting herself. Her health and energy were at an all-time low. Theis decided it was time to walk away.

While unemployed, Theis was planning to take control of her health and then return back to work. It was during this time she came across a new type of "fast food" and decided to try it out – a healthy smoothie bar, featuring teas, smoothies, shakes and other nutritional resources. Theis quickly became a loyal customer as she was welcomed into this positive community. She joined a 12-week weight loss challenge and accomplished her goals by losing 18 pounds and regained her energy.

The 12-week challenge not only redirected Theis into a new lifestyle of healthy eating habits, but also launched her into a new career path. There was no going back to the corporate position; Theis wanted to take this new-found passion and spread it to other people. The owner of the original healthy smoothie bar she visited mentored Theis on the business and soon Theis was performing seminars at local schools and businesses to teach others about proper nutrition. She enjoyed being a nutritional coach and started her own healthy smoothie bar in Andover called the Healthy Vibe. Surrounded by other amazing coaches, the business grew and Theis was able to hand it off to another coach to take over. She then started her current business venture, The Healthy Boulevard, which opened its doors in Coon Rapids in October 2018.

The average first-time customer can expect to walk in to a coffee shop-type of environment, where staff members are happy to walk visitors through the menu. In a typical order, a customer will receive two drinks; a tea and a shake. The tea has antioxidants and is known to replenish energy and hydrate. The shake has protein and nutritional supplements added in. Theis says, "Our goal is to help you feel better walking out than when you came in." Customers have the option to stay and use the free WiFi, visit with a friend, or they may take their beverages to go.

There are many coaches that work alongside Theis at The Healthy Boulevard. As a team, they are excited to be able to share their passion of healthy living with the Coon Rapids community.



Quick Facts:

- » Located at 12475 Riverdale Blvd. Suite F
- » The Healthy Boulevard opens at 6:30 a.m. so customers can grab their shake to start their work day.
- » The business also hosts many events and fundraisers at the facility.