

Holly Rocolle, FNP, America's Best In Medicine, Combines Decades Of Clinical Expertise With Preventive Health Coaching

With 26 Years of Nursing Experience, Holly Rocolle Empowers Individuals Nationwide Through Lifestyle Medicine, Metabolic Health, and Compassionate Patient Care



Homer, Nebraska Aug 12, 2026 ([Issuewire.com](https://www.issuewire.com)) - Holly Rocolle, FNP, is a dedicated Family Nurse Practitioner whose 26-year nursing career has been defined by compassionate care, clinical excellence, and an unwavering commitment to helping others achieve healthier lives. Drawing on nearly three decades of experience in healthcare, she has expanded her mission beyond traditional medicine by empowering individuals to prevent chronic disease through nutrition, lifestyle changes, and personalized health coaching.

Holly began her nursing career in pre-operative and post-anesthesia care, providing critical support to patients before and after surgical procedures. These early experiences allowed her to develop exceptional clinical skills while fostering a deep appreciation for patient-centered care and the importance of guiding individuals through some of the most vulnerable moments of their healthcare journeys.

She earned her Bachelor of Science in Nursing from Bryan School of Nursing at Nebraska Wesleyan University before completing her Master of Science in Nursing at the University of Nebraska Medical Center. For the past 18 years, Holly has practiced as a Family Nurse Practitioner, serving patients in general surgery, hospice care, and family practice. This diverse clinical background has equipped her with the knowledge and experience to provide comprehensive care to patients of all ages while addressing a broad spectrum of medical conditions.

Throughout her career, Holly has been inspired by the example set by her mother, who also worked as a nurse in pre-operative and recovery care. Watching her mother's dedication to patients shaped Holly's own approach to healthcare and strengthened her passion for serving others with empathy and professionalism.

In 2020, however, Holly's perspective shifted dramatically when her mother was diagnosed with Alzheimer's disease. Witnessing the progression of the illness—and coming to terms with the painful reality that her mother would eventually lose memories of her loved ones—became one of the most difficult experiences of Holly's life. The experience deepened her understanding of chronic disease and reinforced the importance of prevention whenever possible.

After her mother's passing in 2022, Holly found renewed purpose in her profession. Motivated by both personal loss and a family history of diabetes and weight-related illnesses, she became determined to help others avoid preventable chronic diseases through sustainable lifestyle changes rather than simply managing illness after it develops.

Since 2023, Holly has served as a Master Health and Fitness Coach while continuing to practice part-time as a Family Nurse Practitioner. Through her coaching practice, Happy Life Healthy You, she focuses on improving metabolic health through nutrition and evidence-informed lifestyle interventions. Her programs help clients regulate blood sugar, reduce inflammation, increase energy, lose weight, sleep better, decrease brain fog, and improve overall wellness by creating practical, sustainable habits that can be maintained for the long term.

Client Results & Transformations

For Holly, the most meaningful measure of success is not simply a number on the scale, but the broader changes clients experience in how they feel, think, eat, move, and live. Depending on their individual starting point and program length, clients have reported a range of positive changes, including:

- **Sustainable weight loss** — Clients have lost anywhere from **10–40+ pounds**, depending on their individual starting point and program length.
- **Reduced bloating and digestive discomfort** — Many clients report that bloating and digestive discomfort significantly decrease, sometimes within the first couple of weeks.
- **Fewer cravings and less food noise** — Clients report feeling more in control around food rather than constantly thinking about what they should or should not eat.
- **Improved blood sugar management** — Clients with prediabetes or blood-sugar concerns have reported improved glucose readings and greater confidence managing their health.

- **Improved blood pressure** — Some clients have experienced meaningful improvements in blood pressure alongside their lifestyle changes.
- **Better-fitting clothes and improved body composition** — Clients often notice changes in how their clothes fit, even when the scale is not moving dramatically.
- **Increased physical activity** — Clients who previously struggled to exercise are building consistent movement into their lives, including regular walking and other forms of activity.
- **Better sleep** — Clients frequently report sleeping more soundly and waking up feeling more rested.
- **More energy throughout the day** — Clients report feeling less sluggish and more capable of keeping up with their busy lives.
- **Less joint discomfort** — Weight loss, increased movement, and sustainable lifestyle changes can help clients feel more comfortable being active.
- **An improved relationship with food** — Clients learn how to nourish themselves without relying on extreme diets, deprivation, or constantly starting over.
- **Greater confidence** — Clients begin feeling proud of what their bodies can do rather than frustrated by what the scale says.
- **Better consistency with healthy habits** — Instead of trying to be “perfect,” clients learn how to make sustainable choices they can realistically maintain.
- **An improved mindset around health** — Clients move from an all-or-nothing mentality toward focusing on progress, consistency, and long-term health.
- **A clearer path forward** — Perhaps most importantly, clients stop feeling like they are guessing at what to do and develop a personalized, realistic path toward better health.

“My clients aren’t just losing weight. They’re changing the way they feel, think, eat, move, and live.”

Rather than promoting quick fixes, Holly works closely with clients to develop individualized strategies that fit their unique lifestyles and health goals. Guided by the philosophy to “**strive for progress, not perfection**,” she encourages clients to focus on consistent, sustainable improvements rather than unrealistic expectations. She believes that the human body has an incredible capacity to heal and thrive when given the proper nutrition, movement, and daily habits, and she is passionate about helping people understand that chronic disease is not an inevitable part of aging.

Today, Holly coaches clients across the United States, combining her years of clinical expertise with personalized guidance to help individuals improve their quality of life. Her unique blend of medical knowledge and health coaching allows her to bridge the gap between traditional healthcare and preventive wellness, empowering people to take an active role in their long-term health.

“Just hearing people have so much joy over how much better they feel, and how quickly they notice that they are feeling better within the first one to two weeks of starting my health coaching program—they’re already noticing results,” says Holly. “Just to hear the joy in that, in the wins that they have, almost immediately after starting is so rewarding. I think it’s so surprising to them how quickly lifestyle changes can really help them when we make them work for them, that it’s just an honor to truly help people in this way.”

Through every stage of her career, Holly Rocolle has remained committed to one central mission: helping people live healthier, fuller lives. By combining decades of nursing experience with a passion for prevention and education, she continues to inspire lasting change—one patient and one family at a time.

Learn more about Holly Rocolle:

Through her America's Best in Medicine profile, <https://americasbestinmedicine.com/connect/Holly-Rocole> or through her website, <https://www.happylifehealthyyou.com/>

America's Best in Medicine

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