



HEALTH AND WELLBEING COACHING

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What is Health and Wellbeing coaching?

Health Coaching is a service offered to help create lasting change to improve a person's well-being and overall health.

People have often already received advice on how to make healthy changes in their life. They already know what changes to make, but circumstances make these changes difficult to start or keep up.

▶▶▶ That's where health coaching comes in. It helps to increase motivation, introduce healthy behaviours, and develop ways of living a healthier life in a way that works for you.

What can I help with?

Weight management

You may want to lower your weight due to health concerns or simply to feel more comfortable in your body. I will work with you to explore ideas, plan and put into action changes which are realistic and long lasting.

Healthier food intake

Nutritious food can help manage health conditions and reduce the risk of future ill health. We work together to identify what the reasons are behind less healthy food choices and find healthier alternatives.

More movements

Increasing activity can help improve quality of life, health, and wellbeing. However, this can be difficult if you have a sedentary job, mobility issues or simply do not like physical activity. Health coaching helps you to look at increasing activity in your life in a way that suits you.

Reducing stress and low mood

Physical and mental health are interlinked, meaning that difficulty in one area can often have an impact on the other. I can help you identify tools and activities which may help to improve your psychological well-being.

Managing Health Conditions

Lifestyle can have a dramatic impact on pre-existing health conditions. People who have received health advice for a condition but struggle to integrate this into their life may benefit from health coaching.

