

Overview:

A coaching service for creating long term healthier habits, personalised to your lifestyle. Helping you to feel better, reduce risk of disease or manage disease in a way that suits you.

Benefits:

- Work towards personalised goals
- Move more
- Overcome yo-yo dieting
- Long lasting healthier habits
- Disease prevention
- Disease management
- Increase energy levels
- Be empowered to make lifestyle changes

Book in an initial consultation with reception at the desk or call 0113 253 7628 and ask for an appointment with the health and wellbeing coach

Health and Wellbeing Service



Leigh View Medical Practice

Morley PCN

Tel: 0113 253 7628

Weight management:

- Nutrition advice
- Exercise advice
- Setting personal goals
- Forming healthier habits/tackling unhealthy habits
- Recognizing triggers

Pre-diabetes:

- Reducing blood sugar levels to a healthy range
- Nutrition & exercise advice for blood sugar
- Setting personal goals
- Weight loss/weight gain

Diabetes:

- Dietary management of diabetes
- Physical activity guidance (all abilities)
- Weight loss
- Setting personal goals

Healthier habits:

- Improve dietary habits
- Improve sleep
- Reduce sedentary lifestyle
- Feel healthier
- Improve heart health
- Improve mental wellbeing

Process

- Speak to or call reception on 0113 253 7628 for an initial appointment
- Chat for up to 45 minutes with the health & wellbeing coach to set personalised goals
- Book in a 20 minute follow up appointment to review your goals. Multiple follow ups can be booked to help you to achieve these.



