

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.

