

# Health & Wellbeing Coaching

Do you want to improve your health but don't know where to start?

Our Health & Wellbeing coaches are here to help!

Motivation, support, accountability and education

Please speak to your surgery for a referral or contact us on [mid-chiltern.health-wellbeingcoaches@nhs.net](mailto:mid-chiltern.health-wellbeingcoaches@nhs.net)

## Weight Management

Support with sustainable, long-term weight management practices



## Healthy Eating

Support with improving health through diet



## Diabetes

Lifestyle support for Prediabetes and Type 2 Diabetes



## Heart Health

Support/education on ways to reduce high blood pressure and cholesterol, and improve overall heart health



## Physical Activity

Guidance on how to increase physical activity



## Stress Management

Help with identifying stress and how to manage it



## Alcohol

Support with reducing alcohol intake



## Disclaimer

Please note, Health Coaching is not designed to diagnose or treat medical conditions, nor is it a substitute for medical advice. If you think you have a medical condition please speak to your GP