

Ever wondered how your health could be improved by changes to your lifestyle?

Poor diets, lack of exercise and mental health struggles have fuelled an epidemic of chronic diseases such as diabetes and heart disease. These conditions can be prevented, treated and in some cases reversed by living a healthier lifestyle. Health coaches can help you to achieve this with a personalised strategy.

Old habits die hard and changing your lifestyle can be challenging. Personalised help from a health coach could be just what you need to get the ball rolling and help you make lasting sustainable changes to your lifestyle in a manageable and step by step approach.

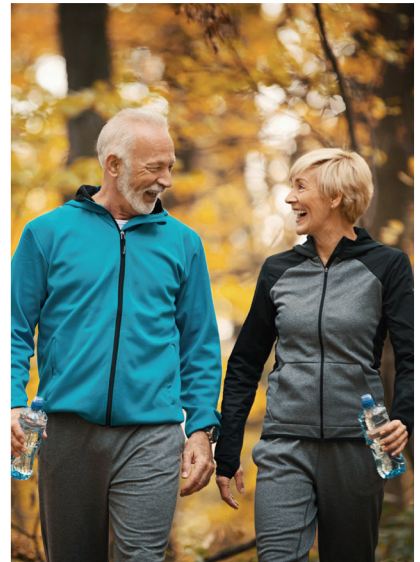
Everyone faces specific challenges when it comes to keeping healthy. Rather than taking a one size fits all approach to wellness, health coaches help clients create highly personalized strategies for achieving their goals. If you're having trouble making healthy habits stick, teaming up with a health coach could be a life-changer.

Health coaching is a partnership that guides you to make sustainable changes such as weight loss, being more active, eating healthily and relieving stress or anxiety.

Health coaching is not a quick fix and emphasizes sustainable change, but that's not to say you won't notice improvements quickly. It typically involves making small, incremental adjustments to your lifestyle.

Some people require help for weight loss support, whilst others strive for more energy, stress reduction or help in changing habits to better manage chronic conditions.

It is common to feel like it is not possible to change your lifestyle due to time pressure or the frustration of failed attempts. A health coach can help you understand and move past these obstacles to make change easier and less overwhelming.



What to expect from your Health Coach

A trusting, supportive environment to discuss the reasons behind a change and any perceived barriers.

They use their broad knowledge of health and wellness to help you navigate a variety of health concerns.

They provide support and accountability.

They empower people as the experts on their own bodies, minds, and circumstances.

What is expected of you

You are open to discussing ways to change your daily routine, to improve your health, or manage your illness better.

You are willing to set time aside to focus on your health and wellbeing.

You want to take an active role in your health and try a new approach.

You feel like there is room for improvement in your current health and wellbeing.

You may be surprised the following conditions can be helped by improved lifestyle measures: Psoriasis, Asthma, Fibromyalgia, Anxiety and depression, Obesity, Hypertension, Type 2 Diabetes.