

Huge Strides

Nutrition & Lifestyle Consultation plus Follow Up

Suitable for those who are ready to make big changes that will bring health improvement with little support!

Duration 60 Minutes

Fee £120

Includes:

- Personalised Nutrition and Lifestyle consultation (60mins).
- Analysing your Fourteen Day Food Diary. This will help me see the "bigger picture" regarding your needs and to identify any nutrient imbalances which could be causing health issues.
- Advice about how foods containing specific nutrients will help you to reach your health goals (likes and dislikes noted!) Understanding *why* I'm recommending certain foods for you is crucial for you to be able to make knowledgeable food choices in the future with confidence.
- Recommendations that we agree on for you to move forward
- Follow up coaching session. See details below.

Follow up Consultation (usually within 3 weeks of initial consultation)

Duration 30mins

Includes:

- Assessing progress made.
- Exploring and managing difficulties you may have in making the recommendations. Through working together we can address these so you can move towards your health goals.
- A final 20 min check-in after the follow up consultation to support your continuing improvement.

Above programme suited for motivated who require more knowledge of foods with a little coaching to build confidence