

Steady Rhythm

Nutrition & Lifestyle Consultation plus 5 x Follow Up (average 12-16 wk plan)

Suitable for those who would like to make changes but lack confidence. More consistent coaching support plus Complementary Therapy included.

Fee £300

Includes:

- Initial 15 min telephone to assess suitability.
- Personalised Nutrition and Lifestyle Consultation (60 mins)

Working together to address any concerns or issues you may have regarding your lifestyle and health and setting out goals you would like to achieve.
- Analysing your Two Week Food Diary.
- To include a 60 min Complementary Therapy of your choice.
- Explanation of foods and the impact they have on your body the connection will be clearly explained so you understand why certain foods I recommend may help.
- Advice on lifestyle to include Sleep, Stress, Exercise that will help maximise your success for the long term.
- Healthy Meal Ideas and Recipes.
- Follow up coaching session x 5

(Choice of one coaching session which may include a cookery lesson)

Extra Private or Group Cookery Lessons can be included (extra cost)

Follow Up Consultation x 5

Duration: 30 minutes per session (can be done face to face /zoom/telephone)

Includes:

- First session preferably done face to face
- Assessing progress made.
- Updating any changes and managing any difficulties you may have with suggested changes.
- Final 20 minute check-in after the fifth coaching session to ensure you are continuing to make progress and reaching your goals.

This can be paid in three instalments. Please enquire for more details.