

The Lifestyle Coach

The Healthy Lifestyles Coaching Company



WHAT IS LIFESTYLE COACHING?

IF YOU HAVE DECIDED TO ADOPT A HEALTHY LIFESTYLE, WHETHER IT BE TO LOSE WEIGHT, TO PREVENT AN ILLNESS, TO REDUCE STRESS, TO START FEELING BETTER, OR JUST TO ACHIEVE MORE FROM YOUR LIFE;

A LIFESTYLE COACH CAN HELP YOU FIND ANSWERS.

NO MATTER WHAT YOUR AGE OR WHERE YOU ARE IN YOUR LIFE TODAY, IT IS NEVER TOO LATE TO IMPROVE YOUR LIFESTYLE; TO MAKE THE MOST OF YOUR HEALTH AND WELLBEING. DEVELOPING AND MAINTAINING A HEALTHY LIFESTYLE WILL CHANGE YOUR LIFE, A CHANGE FOR THE BETTER.

HEALTHY LIFESTYLE COACHING ASSISTS YOU IN MEETING YOUR PERSONAL GOALS, WITHIN A HEALTHY LIVING FRAMEWORK THAT ENCOMPASSES A BALANCE OF NUTRITION, EXERCISE, EMOTIONAL HEALTH, INTELLECTUAL HEALTH, AND SPIRITUAL HEALTH. YOU CHOOSE THE GOALS YOU WANT TO WORK TOWARD, AND YOUR COACH WORKS WITH YOU TO DEVELOP THE TOOLS AND STRATEGIES THAT WORK BEST FOR YOU. HIRING A COACH MEANS YOU HAVE ONE RELATIONSHIP IN YOUR LIFE THAT IS PURELY ABOUT YOU AND YOUR WELLBEING.

LIFESTYLE COACHING IS ALSO AIMED TO HELP PEOPLE DEVELOP MORE HEALTHY LIFESTYLES THAT AID IN THE PREVENTION AND CONTROL OF CHRONIC DISEASES AND CONDITIONS, PROMOTING HEALTHY BEHAVIOURS AND PRACTICES IN THE AREAS OF OBESITY, CARDIOVASCULAR DISEASE, DIABETES, ASTHMA, PHYSICAL ACTIVITY, NUTRITION, AND TOBACCO CESSATION.

A LIFESTYLE COACH WOULD PROVIDE PEOPLE WITH COACHING TO HELP THEM REACH THEIR FITNESS, HEALTH AND LIFE GOALS, AND ADOPT HEALTHY LIFESTYLE BEHAVIOURS THAT CAN PREVENT THE ONSET OF CHRONIC ILLNESS AND HELP MANAGE EXISTING CONDITIONS.



LIFESTYLE COACHING BENEFITS A BROAD RANGE OF AREAS, FROM EATING HABITS TO STRESS REDUCTION TO OVERALL HEALTH AND FITNESS LEVELS.

WE SPECIALISE IN WEIGHT LOSS, HEALTHY EATING, EXERCISE, STRESS MANAGEMENT AND GOAL ACHIEVEMENT.

MANY OF THE PERSONAL LIFESTYLE CHOICES THAT PEOPLE MAKE ARE DETRIMENTAL TO THEIR HEALTH. OTHERS MAY SIMPLY NOT BE AWARE OF THE RISKS INVOLVED IN THEIR REGULAR HABITS. SUCH THINGS AS HEART DISEASE, DIABETES, CANCER AND MANY OTHER MAJOR KILLERS MAY RESULT (IN PART IF NOT WHOLELY) FROM LIFESTYLE DECISIONS THEY MAKE OVER A LONG PERIOD OF TIME. ALTHOUGH MOST OF US UNDERSTAND THE IMPLICATIONS OF LIFESTYLE CHOICES AND CHRONIC DISEASES; THE ABILITY TO ADOPT OR MODIFY OUR BEHAVIOURS IN SUCH A WAY AS TO IMPROVE OUR HEALTH IS NOT NEARLY AS SIMPLE OR EASY. LIFESTYLE COACHING IS AN EFFECTIVE WAY TO HELP PEOPLE OF ALL AGES, RACES, ETHNIC GROUPS, GENDERS AND SOCIOECONOMIC CLASSES TO MAKE MORE HEALTHY LIFESTYLE DECISIONS.

LIFESTYLE COACHING IS A PROFESSIONAL RELATIONSHIP BETWEEN TWO PEOPLE: THE COACH ASSISTS ANOTHER PERSON IN MAKING SOME MAJOR LIFE DECISIONS AND SETTING AND MEETING GOALS THAT WILL LEAD TO THEIR DESIRED CHANGES.

LIFESTYLE COACHING WILL HELP YOU TO LIVE A HEALTHIER LIFESTYLE THAT IS BALANCED, WHERE MONDAY MORNINGS FEEL LIKE THE START OF YET ANOTHER FANTASTIC WEEK FEELING ENERGIZED, FOCUSED AND EXCITED. YOU WILL ATTRACT MORE FUN, HUMOUR AND SUCCESS INTO YOUR LIFE. WORK WILL ONLY BE A PART OF YOUR LIFE WHICH LEAVES PLENTY OF SPARE TIME FOR YOU TO ENJOY YOUR TIME WITH YOUR PARTNER, FRIENDS, FAMILY ETC... HAVING FUN AND DOING THE THINGS THAT MATTER MOST TO YOU. OTHER CHANGES MAY INCLUDE ABOLISHING A DEPENDENCY ON MOOD ADJUSTING MEDICATION AND PROVIDE THE MEANS TO SUSTAIN AN ABUNDANCE OF HEALTH WELL INTO YOUR 70S AND 80S.



I AM A LIFESTYLE COACH DEDICATED TO ASSISTING INDIVIDUALS IMPROVE THEIR HEALTH AND OVERALL QUALITY OF LIFE THROUGH LIFESTYLE CHANGE. I HELP PEOPLE LIVE LONGER, HEALTHIER AND HAPPIER LIVES! MY CHALLENGE IS TO GUIDE MY CLIENTS TO A MENTAL AND PHYSICAL WELLBEING THAT THEY CAN MAINTAIN ON THEIR OWN STEAM. I PROVIDE THE TRUTH ABOUT HEALTH, NUTRITION, AND WEIGHT LOSS.

PERMANENT WEIGHT LOSS CANNOT BE ACHIEVED WITH ANY OF THE DOZENS OF DIETS ON THE MARKETPLACE. WHEN DISCUSSING PERMANENT WEIGHT-LOSS, WEIGHT MANAGEMENT AND LONG-TERM HEALTH, DIETS SIMPLY DO NOT WORK. HEALTHY LIFESTYLE CHOICES DO. EFFECTIVE STRATEGIES THAT FIT YOUR PACE AND YOUR WAY OF LIVING ARE WHAT YOU NEED TO BE SUCCESSFUL IN CREATING YOUR OWN PERSONAL LIFE-LONG WELLNESS. DESIGNING A HEALTHY AND WELL-BALANCED LIFESTYLE PLAN THAT WORKS FOR YOU IS THE KEY TO YOUR SUCCESS.

AGAIN: DIETS DON'T WORK, BUT ADJUSTING TO ADAPT A HEALTHY BALANCED LIFESTYLE DOES!

I AM PASSIONATE ABOUT PROMOTING HEALTH AND HELPING OTHERS LIVE A MORE HARMONIOUS LIFESTYLE. HEALTHY LIVING IS AT THE CORE OF MY PHILOSOPHY. IT IS THE MAIN BUILDING BLOCK TO FULFILLING YOUR POTENTIAL FOR LIVING A HAPPIER AND MORE SATISFYING LIFE.

YOUR PERSONAL HEALTHY LIFESTYLE IS NOT SOMETHING YOU CAN FIND IN A ONE-SIZE-FITS-ALL DIET OR FITNESS PROGRAMME OR FROM SOMEONE ELSE MAKING DECISIONS FOR YOU. A HEALTHY LIFESTYLE IS ONE THAT IS UNIQUE TO YOU AND IS EASY TO SUSTAIN. MY JOB IS TO ENRICH YOUR UNDERSTANDING OF HOW YOU CAN REACH THESE GOALS AND ENCOURAGE YOU ALONG THE PATH OF MAINTING THEM INDEPENDENTLY .

TO ACHIEVE THE GOAL OF A HEALTHY LIFESTYLE, I WILL PROVIDE MY CLIENTS WITH PRACTICAL, COMMONSENSE TOOLS TO GUIDE THEM IN THE RIGHT DIRECTION TOWARD ADOPTING AND MAINTAINING THEIR NEW HEALTHY LIFESTYLE. IF THEY SUPPLY THE DESIRE, I WILL PROVIDE THEM

WITH ALL THE RIGHT TOOLS AND RESOURCES NEEDED TO ARRIVE AT THE HEALTHY LIFESTYLE THEY WANT.

I USE A SERIES OF INDIVIDUAL SESSIONS - FROM FACE-TO-FACE MEETINGS TO SESSIONS USING TELEPHONE, SKYPE OR E-MAIL - IN HELPING PEOPLE SOLVE THEIR PROBLEMS AND ACHIEVE THEIR AMBITIONS.

FOR A DESCRIPTION OF SERVICES AND MY RATES; PLEASE CONSULT THE WEBSITE OR CONTACT US AT :

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