



DAISY SENIOR

HEALTH COACH

ABOUT ME

A Health Coach is a non-clinical healthcare professional that is based in your GP Practice. Health Coaches have conversations with you about ways we can improve your health and wellbeing through lifestyle changes, behaviour changes and increasing your physical activity levels.

Health Coaches provide evidence-based support around your lifestyle and your preferences.

You can book in with a Health Coach by speaking to your GP Practice. The reception team, GP or nurse can book you in. The appointment can last between 30-60 minutes discussing your health, lifestyle, conditions and any other concerns you may have.

HOW CAN A HEALTH COACH SUPPORT YOU?

A Health Coach can provide support for:

- **Tailored personalised plans** that meet your individual needs, preferences and lifestyle.
- **Nutrition and diet guidance**
- **Exercise plans** tailored to you, your lifestyle and your medical conditions
- **Improving your mental wellbeing and confidence**

TIMETABLE (9AM-5PM)

Monday	Tuesday	Wednesday	Thursday	Friday
Eastham	Sunlight	Spital	Sunlight	Civic

