



RACHEL GORDON

HEALTH COACH

ABOUT ME

I'm Rachel, a full time Health Coach for the PCN. I have a MSc in obesity and weight management and have worked in a variety of health and wellness settings over the last few years, ranging from working with employees in a hospital to supporting children and their families adapt a healthy lifestyle, and now working with patients in a primary care setting to support them with lifestyle changes.

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

● CONTACT ME

Please ask reception to make a referral.



THINGS I CAN SUPPORT WITH:

- Health coaches have a particular focus in preventative medicine through life style measures by taking a holistic approach.
- I can help patients create their own meal plans and ideas for healthier meals to support with their goals based on NHS nutritional guidelines.
- I can help patients to create their own activity plans to suit their lifestyle and medical conditions
- I aim to empower patients to build confidence around their activity and diet which is based upon setting realistic, achievable and sustainable goals.
- I provide patients with appropriate resources which can contribute to their goals following on our appointment so they are able to reflect on what has been discussed so that they can become more confident in maintaining their own health.
- Another part of my role is to health patients understand blood test results such as their cholesterol and HBA1C levels and how they can improve them through diet and activity.
- I also assist Eastham Group Practice with their NHS health checks

TIMETABLE

Mon- Orchard
Tue- Orchard
Wed- PCN Office
Thur- Eastham
Fri- Allport/Sunlight