

MEN'S HEALTH OVER 40 GOLD

The Gold Program is designed over 4 weeks to bring your health back on track. During this period, I will be on hand to give you all the advice, coaching and encouragement you need. On booking your program, you will be asked to complete a health questionnaire including a 3-day food and activity diary. This must be completed and returned for preliminary assessment before the initial consultation.

Please bear in mind that the more precise your information is, the more specific the program can be to enable you to achieve your goal(s).

The program consists of the following:

1. An initial consultation

- You will have an initial consultation lasting about 60 minutes to gather information from you. This will allow me to understand your health concerns and goals
- The consultation will typically take place via Skype or by phone
- I may also ask you to expand on certain parts of your questionnaire. This will enable me to identify nutritional, diet and lifestyle factors that could be contributing to and/or underlying the symptoms and health conditions that you may be experiencing

2. A personalised nutrition and lifestyle plan

- You will receive a personalised nutrition and lifestyle plan that is evidence based, tailored towards your individual requirements taking you through the 4 weeks
- Your plan will equip you with the tools needed to reach your goals. This will include healthy meal ideas, recipes and lifestyle changes tailored to you

3. A review call

- You will receive a 15 minute review call at the end of the second week to keep you motivated and supported

4. Follow Up Consultation

- At the end of the 4-week period you will receive a 30 minute follow up consultation by skype or by phone
- This consultation allows me to evaluate where you are in relation to your goals and assess your ongoing improvement
- Adjustments to your program will be made to keep you on track going forwards

The Gold Program investment £750

It's important to remember that Health Therapy is not intended as a substitute for medical advice and should I identify any 'red flag' symptoms, I will refer you onto a medical professional.