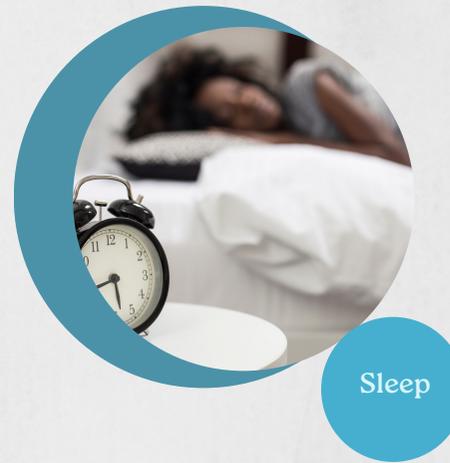


# The 4 Pillars: Individual Health & Wellness



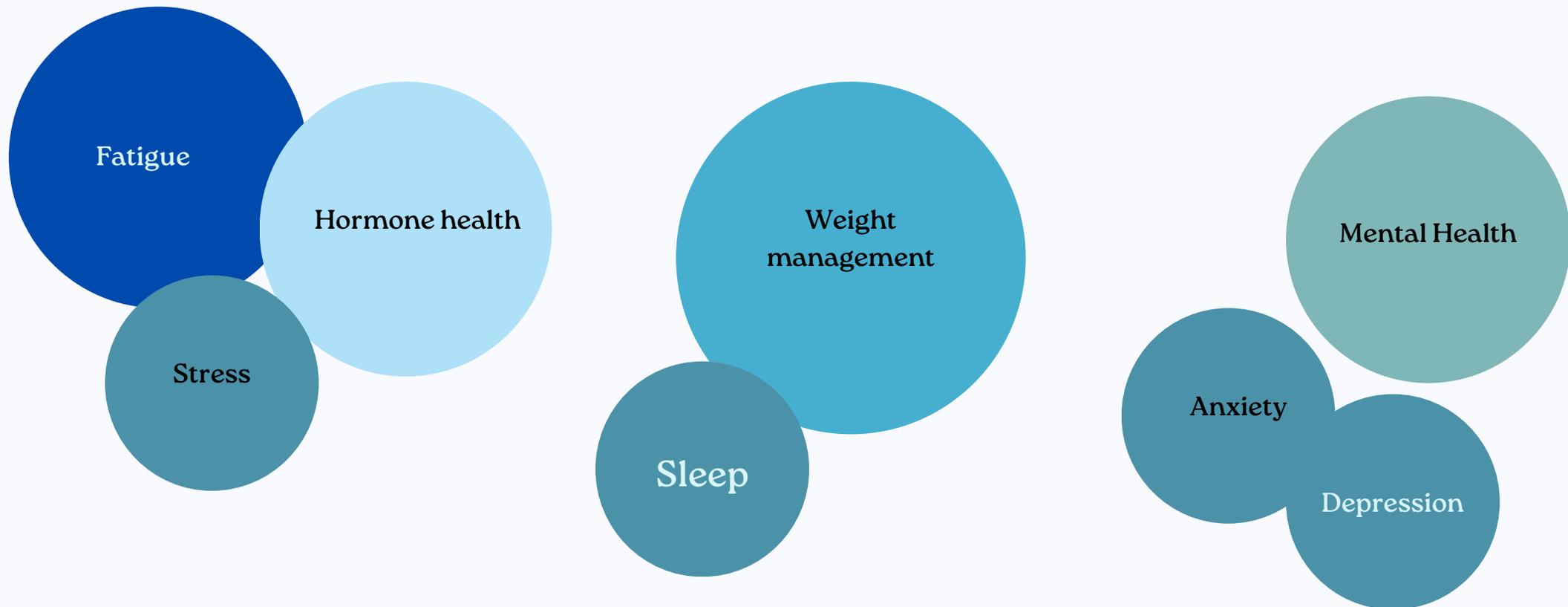
Making small positive changes over time can improve your health and the quality of your life

# Whatever your health goals are.

Learning how to eat well, sleep well, integrate more movement into daily life, manage stress, and relax are tools that can help make achieving those goals more manageable.

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Losing weight or changing old habits is not easy, but it is possible with patience, perseverance, and the right support.





# Is Weight Loss your goal?

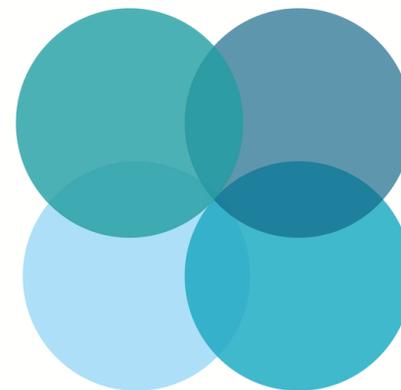
There are many factors that influence weight loss, metabolism, calorie input/output and unrealistic expectations are three of those factors.

## 1 What is Metabolism?.

Metabolism is the process by which our body converts food and drinks into energy. Some people have a faster metabolism than others, which means they burn more calories at rest and during activity.

A slow metabolism can make it harder to lose weight because it means that our body needs fewer calories to maintain its weight.

Factors that affect metabolism include age, gender, genetics, hormones, muscle mass, and medical conditions.



Nutrition | Movement  
Sleep | Relaxation

## 2 What is a calorie deficit? .

One of the main reasons why people cannot lose weight is that they consume more calories than they burn. Calories are units of energy that we get from food and drinks, and we use them to fuel our bodily functions and activities.

When we consume more calories than we need, the excess is stored as fat in our bodies.

To lose weight, we need to create a calorie deficit, which means burning more calories than we consume. This can be achieved by eating less, and exercising more, or both.

- 3 A third reason why people cannot lose weight is that they have unrealistic expectations. Many people want to lose weight quickly and easily, but this is not realistic or healthy.





Taking a holistic approach to health means looking at all the elements that impact our health and striving to achieve the correct balance in each area that supports physical and mental health.

Balance My Life programmes incorporate 4 pillars of health that support good physical and mental health, ***nutrition, movement, sleep, and relaxation.***

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## **Balance My Life programmes - Option 1. Let's get you started on your journey. Your unique exploratory Nutrition & Lifestyle advisory session.**

No matter what your health goals are this unique exploratory Nutrition & Lifestyle session will set the foundations and equip you with the tools you need to make achieving your goals more manageable.

### **Some of what you will learn:**

- Analyse your 3-day food diary (this is optional).
- Demonstrate how all systems of the body are connected and why good nutrition, movement, getting quality sleep & managing stress are essential for good physical and mental health. This will set the foundation for all health goals, including weight management.
- Demonstrate how to balance blood sugar levels, this can help with fatigue, hormone balance, concentration, weight management, and many more health benefits.
- Illustrate how to incorporate the foods you enjoy into a healthy eating plan.
- How the health of your gut can impact the health of your brain.

### **OPTION 2. Let's support you on your journey.**

After completing consultation 1 you can decide if you would like some support on your journey

Options are available to book a package of 4 or more consultations.

## A Little about me. Founder of Balance My life!



After a successful career as a Certified Public Accountant spanning many years. I decided to explore alternatives to move away from the corporate world. Fuelled by a passion for health and nutrition I converted this passion into a meaningful career by retraining as a Nutrition and lifestyle coach.

In 2017 I achieved my certification in Nutrition & Lifestyle Coaching and since then I have delivered health and wellness programmes to the education, charity, and business sectors as well as educating, coaching, and supporting individuals, families, and communities to embrace a healthier lifestyle.

At the core of my approach is a framework that addresses four fundamental pillars of health: nutrition, movement, sleep, and relaxation. Through this holistic approach, I empower individuals with the essential tools to nourish their bodies, incorporate more movement into their daily routines, improve their sleep patterns, and find moments of relaxation to combat stress.

My journey as a Nutrition and Lifestyle Coach has led me to a fascination with the intricate connection between nutrition and mental health. I have delved into extensive research, uncovering a compelling correlation between dietary choices and their profound impact on both physical well-being and mental health. The peer-reviewed research findings I've encountered resonate deeply with the transformations I've witnessed in my clients, reinforcing my belief in the power of a balanced diet to enhance mental wellness.

One of my primary objectives is to raise awareness about the profound influence our dietary and lifestyle choices have on our physical and mental health.

Please feel free to contact me for a free 30 minute consultation to discuss your health goals.

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