

Health & Wellbeing Coaching

Burnley West



Move More



Eat Well



Be Happy

What is health coaching?

- Offered to help create lasting change to improve a persons wellbeing and overall health.
- Support over 3 months.
- Initial Assessment followed by 5 support sessions.
- Help patients work through goals and develop the skills needed to take control of their own health.
- Aim to increase motivation, introduce healthy behaviours, and develop ways of living a healthier life in a way that works for the patient.



What goals do we work with?

Lowering weight

- support with changes in lifestyle that are realistic and long lasting.

Healthier diet

- discuss current eating habits and work with patients to find a healthier balance.

More active lifestyle/exercise

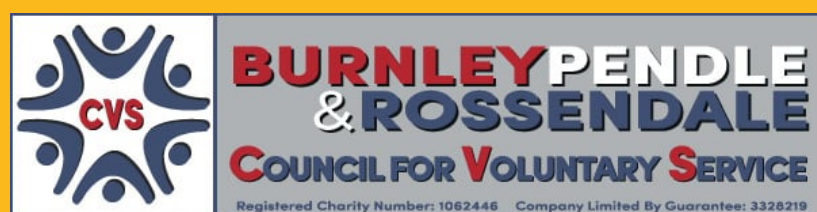
- help with finding suitable and enjoyable ways to increase activity.

Reducing stress and low mood

- identify activities which improve their mental health and address barriers to activities.

Managing health conditions (Type 2 Diabetes, Cholesterol, Hypertension, COPD)

- support with implementing health advice given for a long term health condition.



CONTACT US

If you have any further questions about Health & Wellbeing Coaching please send us an email to elccg.bwhwt@nhs.net