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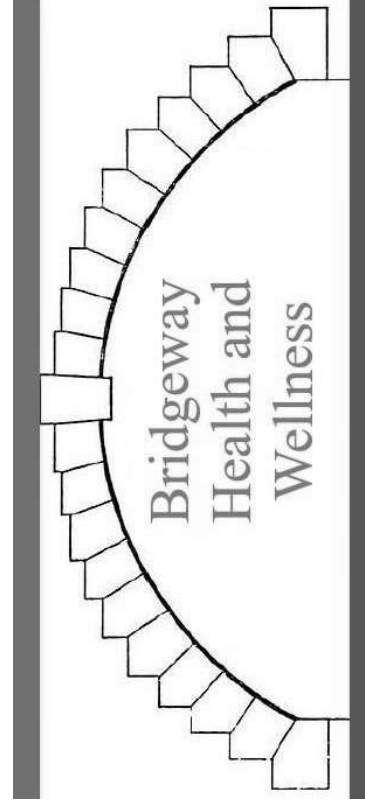
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## **Self-introduction**

- I'm from the north of England, and I'm a busy professional with two kids.
- It's 2025, and I'm almost 50.
- I'm in great shape, I don't drink alcohol, I sleep well and all my relationships are healthy.



## **Self-introduction**

- However, it wasn't always like that. In my late 30s and early 40s I used to drink too much, my blood sugar was higher than it ought to have been, I was stressed and irritable, and my relationships with friends and family weren't positive.



## Coaching service

- I was able to turn my problems around because I'm a PhD-level biologist, who did some sports physiology as an undergraduate, so I can read all the relevant science.
- I also worked in the fitness centre at university, so I've got the health and coaching background.



## Coaching service

- However, and this is really important, I don't just live what I advocate, but I've been at the other end, where you'll probably be when we meet.
- Most health and wellness coaches have never been at the other end, and they don't understand what it's like to be there.



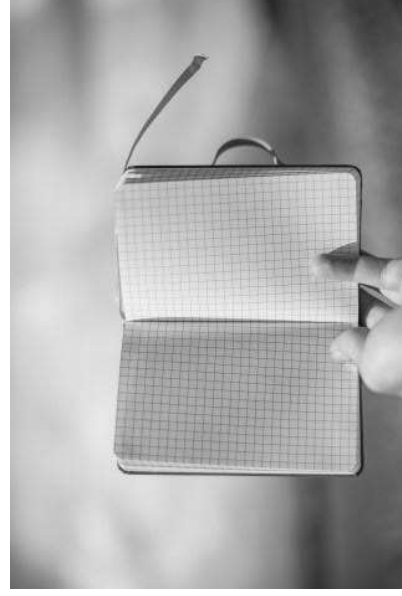
## Health and wellness problems I can help with

- A coaching service for busy professionals in the 21st Century is offered.
- Permanently reduce blood sugar to a healthy level, stop drinking alcohol, get obesity, stress, sleep and/ or irritability problems under control.
- Significantly reduced chances of developing cardiovascular problems, Alzheimer's and cancer in later life.



## The methods I use

- Everything is results based, so you can track improvement and maintain it.
- Exercise routines, dietary plans and stress-reducing techniques that have worked for me.
- Behavioural change to make the improvements long-lasting.
- Everything I tell you is backed up by research, and I'll provide you with the references to enable you to check for yourself as we go through.



## The programme and costs

- Start with a **no-cost 30min Zoom meeting** to see if we're a good fit.
- Next, **\$400 for two 40min Zoom meetings** over a month, start the change process and learn how to measure and track the beneficial effects.



## The programme and costs

- After the next stage you'll be independent: **six 40min Zoom meetings over three months for \$1200** and tailored to either a **diabetes reversal, alcohol use or stress control** focus plus life time membership to our online, interactive community.



## The programme and costs

- All the Zoom meetings are supported by documentation **referencing my sources and providing information**, and you will receive that information before each session.



## Behavioural change

- The big crunch.
- **The less you've tried already**, the more you'll be thinking, 'Yer, no problem,' but anybody who's tried to make changes to their life for the better knows it's not easy at all.



## Behavioural change

- Why working with someone who's **'been there and done that'** is important.
- I get it, and **I won't get at you for falling down**. I'll just help you get back up and get back on track.



## Behavioural change

- That's the difference between someone who dies from life-style acquired problems in their 60s and someone who overcomes them to have an active life well into their 70s: **bouncing back!** Everyone reverts back to old habits sometimes, but how quickly you bounce back is what makes the difference.



## The next steps

- If you're interested in working with me, **please send me an email** at `bridgewayhealthandwellness[at]mark, no brackets[gm]ail[dot]com, no brackets]`, and I'll get back to you within 24 hours.
- Please include **your age and a brief description of the problems** you'd like to solve, so I can prepare for our first Zoom chat

