

# Health Coaching

## Surgery recovery, Weight management, Falls prevention Condition management, Waiting list health

We provide personalised Health Coaching by a qualified physical health instructor to support people to recover from illness and injury, weight management or general condition management for physical and/or mental health.

### What is Health Coaching?

- Weekly physical activity sessions for 10 weeks within the patient's home, garden or online with a qualified coach.
- Personalised sessions balanced to the patient's ability, interests or recovery goals (i.e., strength & balance, mobility & flexibility, heart & lungs etc).
- Health diary to track how the patient feels and tips on how they can age healthy.
- Development of trusting relationship to help patients set their health goals and enable change.
- Support for patients to find local opportunities for ongoing self-care (i.e., activity clubs, food, smoking cessation, weight management etc).

### We can support:

- Aged 50+
- Hospital discharge
- Pre-treatment waiting lists
- Treatment recovery & reablement
- Recovery from hospital acquired deconditioning

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or via **Vera**, our online auto assistant.

Just click the icon on the bottom of our website and select 'Health/ Care Professional' and leave the relevant details.