

**Client Name:** Susan Woolley**DOB:** 01/12/1960

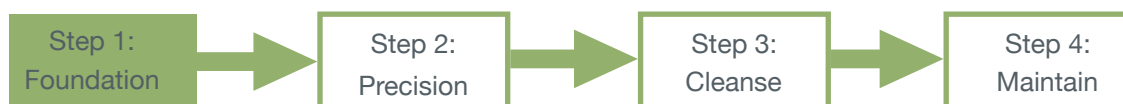
9 March 2023

HEALTH GOALS

1. To lose weight
2. To support healthy gut function
3. To support nervous system

RECOMMENDATIONS

Overview



Food

- ☐ **PRIORITY: Eat three regular meals per day: Breakfast 9.30-10am, Lunch 2pm, Dinner 6-6.30pm**
- ☐ Each meal to contain protein, vegetables (especially leafy greens) and healthy fat. Click the following for additional guidance:
 - [Healthy Eating & Lifestyle Choices](#)
- ☐ A small amount of fruit e.g. berries to be included
- ☐ Chew food 15-20 times before swallowing.

Lifestyle

- ☐ **PRIORITY: Go for a 10-15 minute walk EVERY day (rain or shine)**
 - ☐ Increase your incidental exercise e.g. stand and move around when on phone, stretch when waiting for kettle to boil
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