

Healthy Living Wessex Lifestyle Mentoring



Lifestyle mentoring is not a counselling service but a personalized one to one service which helps people to put their lifestyle goals into manageable action focused steps and then supports and motivates them as they take their own steps to health change. A lifestyle mentor is someone qualified, and experienced in a variety of behaviour change techniques such as life coaching, behaviour change counselling and motivational interviewing. They work with clients on an individual basis to help them to make realistic, sustainable lifestyle changes. This can include one or a combination of becoming more active, eating a healthier diet, losing weight or working on improving mental well being.

Individual Case Study

Age :65

- Self-referral in response to newspaper advert for Lifestyle Clinics for men
- Howard initially reported wanting to lose weight and feel more energetic

First session: 23.2.2010

Weight: 17 stone 3 (6 ft 3 inches)

Final session (no.5) 25.5.2010

Weight: 15stone 6Lb

Total weight loss: 1 stone 7Lb

Howard initially wore the pedometer to record how many steps he was walking per day and he also completed a food diary.

He gradually increased the number of steps he was doing each day and recording his meals and snacks meant he naturally began to reduce his snacks and focused on eating only when hungry.

He then joined the gym and is now attending twice each week.

This is a typical example of how effective this approach can be for men.

