



WHAT WE OFFER

- ✓ *1:1 Exercise Programme*
Supervised and guided exercise plans
- ✓ *Health Coaching*
Personalised guidance for lasting lifestyle changes.
- ✓ *Nutritional Guidance*
Assessment, information & custom meal planning to optimise health.
- ✓ *Physiotherapy & Rehabilitation*
Targeted interventions for mobility and recovery.

KEY OF SUCCESS

Your health is not an expense; it's the best investment you will ever make. Every step towards well-being today is a stronger, healthier future."

**FREE
FROM
STRESS**

**BOOK YOUR
CONSULTATION TODAY:**



**SCAN QR
CODE TO
BOOK 'GET
STARTED
CONSULT'**

CONTACT

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Transforming health
through personalised
lifestyle medicine



PERSONAL HEALTH
Lifestyle Medicine Clinic

**THE
CARDIOLOGY
PROGRAMME**

TAKE CONTROL OF YOUR HEART HEALTH TODAY!



THE CARDIOLOGY PROGRAMME

Invest in Your Health for a Lifetime of Benefits

If you've recently undergone stenting, surgery, or received a new cardiovascular diagnosis, this program is designed to help you regain confidence, strength, and vitality—with expert guidance every step of the way.

WHY CHOOSE THIS PROGRAMME?

♥ Enhance Your Quality of Life

Many heart patients struggle with uncertainty around exertion levels—how much is safe? What's too much? Can I ever get my energy and vitality back?

📊 Data-Driven & Personalised

Tailored to your needs using expert insights & clinical assessments.

💡 Expert Support

Gain access to healthcare professionals dedicated to your recovery. Providing clarity, structure, & support to help you rebuild your health safely and effectively.

WHO IS THIS FOR?

Ideal for cardiology patients aged 40–65 (approximately) dealing with:

- ✓ Coronary artery disease (CAD)
- ✓ Stenting
- ✓ High cholesterol
- ✓ High blood pressure
- ✓ Arrhythmia (Atrial Fibrillation)
- ✓ Obesity
- ✓ Diabetes or Pre-Diabetes
- ✓ Post-Phase III Cardiac Rehab



Work Smart

HOW IT WORKS

Baseline Assessment

A comprehensive health evaluation which is data driven & shared directly with your Cardiologist, GP and any other relevant medical provider.

Three Months of Supervised Lifestyle Change

Expert-led interventions to ensure safe and sustainable progress.

Clinical Reassessment & Optimised Plan

A final review to establish long-term health strategies.