

FAQs

I've tried countless diets - how is this different?

At Newnutrition we don't believe in fad diets or quick fixes. Our personalised nutrition coaching can help you to achieve lasting, sustainable changes to your diet and lifestyle by providing tailored advice, guidance and support. This approach focuses on creating customised plans based on your individual needs, preferences and goals, addressing not only what to eat but also how to integrate healthy habits into your daily life.

What can I expect from the Wellness Programme?

- A nutrition and lifestyle plan that is both realistic and effective, based on your personal health history, lifestyle and dietary preferences.
- Accountability and support: regular check-ins, progress tracking and ongoing support to help you stay motivated and on track with your goals.
- Building sustainable habits rather than quick fixes, ensuring long-term success.
- An holistic approach: consideration of other health related factors, such as stress management, sleep quality and physical activity levels, as well as improving your gut health.
- Simple, clear information: complex nutritional information is translated into manageable steps and practical advice, making it easier for individuals to understand and implement.
- Improved health outcomes: studies show that individuals receiving personalised nutrition advice are more likely to improve their diets and achieve positive health outcomes.

I have food intolerances and/or other health concerns - can you still help?

Absolutely. Our approach is fully tailored to your nutritional and health needs including managing food intolerances, ongoing health conditions, or life stage transitions such as menopause.

LET'S TALK...
BOOK YOUR **FREE**
15 MINUTE
WELCOME SESSION



Call Angela:
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🌐 newnutrition.co.uk

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📍 Based on the Isle of Wight



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New you! Nutrition for Wellness

CLEAR ADVICE. REAL RESULTS.
ROOTED IN SCIENCE.

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ABOUT ME

Hello, I'm Angela – a certified Nutrition Coach based on the beautiful Isle of Wight.

My own journey to health and wellness began after years of yo-yo dieting, despite cooking what I believed were healthy meals. In my early 40s, I developed primary lymphoedema, which made managing my weight even more challenging.

Determined to improve my health, I began researching and studying nutrition, eventually enrolling in Amanda Hamilton's Nutrition Masterclass and then qualifying through the Nutrition Coach Academy, accredited by the Complementary Medical Association.

These experiences helped me regain control of my health and inspired my passion to support others. I now guide clients to better wellbeing through simple, sustainable changes to diet and lifestyle.



COACHING OPTIONS

Coaching sessions mainly take place online. For anyone living on the Isle of Wight, face to face sessions are also available. In addition, home visits can also be arranged for people with mobility issues (postcodes PO30 to PO41 only).

To ensure that you receive the maximum support and tailored advice, my suggested option is the Wellness Programme, although if you prefer to mix and match, individual options are also available:

Wellness Programme

- Initial fact finding consultation (45-60 minutes) to help me understand your current lifestyle and nutritional choices
- Feedback session (45-60 minutes) whereby I talk you through your personalised nutrition and lifestyle plan.
- Two 30-minute follow-up sessions to check on your progress and, if necessary, suggest any changes to your plan based on your feedback.

Other options

- 1:1 consultation (1 hour) with personal nutrition and lifestyle plan
- Personalised meal plan with recipes - can also be an 'add on' to the Wellness Programme at discounted rate
- Follow-up sessions (30 minutes)

Please see
newnutrition.co.uk/coaching-options
for prices.

HOW CAN I HELP YOU?

Whatever your current level of nutritional understanding or stage of life, its never too late to make positive changes to improve your overall health and wellness.

- Looking for a sustainable way to achieve and maintain weight loss?
- Wanting to improve your overall health and fitness goals?
- Seeking nutritional advice to help you manage an ongoing health condition?
- Have food intolerances and struggling to find tasty and healthy meals?

I take a holistic approach, encompassing both body and mind - after all, nothing in the body works in isolation!

Whether you're interested in family nutrition, personal health and wellbeing, experiencing menopause symptoms or wanting to be as healthy as possible into your twilight years, Newnutrition can help you.

- ✓ Education - principles of balanced nutrition and the impact of dietary choices on overall health and wellness
- ✓ Guidance - tailored eating plans from whatever your starting point is - with simple, easy to follow recipes and food hacks
- ✓ Accountability - ongoing support, inspiration and guidance.