

Annabelle Smith  
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BIO:

Hi, I'm Annabelle aka '*The Mindful Diet Coach*'.

I have run my Braintree based business for many years as a lifestyle coach and nutritional mentor, holding full qualifications and insurances across Exercise & Personal Training, Nutrition and am also a 'Master Practitioner' in NLP\* and certified 'Transformation Coach'.

I am not your typical health coach - I trained in my early 30s after I had a big weight loss journey to tackle myself (-5 stone). I spent the first part of my life HATING exercise and healthy food, working in the corporate world and struggling to get through the week without wine and junk food. I had a complex and emotional relationship with food (having done diet pills, crash diets and any other quick fix I could get my hands on prior). Upon my own personal journey, I learnt so much that I fully understood the complex psychological, emotional, and even addictive behaviours around food, so I then educated myself professionally so I could help others do the same.

This is why (amongst the traditional avenues of nutrition & exercise) I specialise in using psychology to tackle weight loss. In the 'diet industry' we have a strange situation – there has NEVER been more free information out there – anyone can jump on Google and find free diets/recipes and workouts, it's also never been easier to get healthy – with restaurants displaying calories, garages selling healthy salads, the evolution of places like juice bars and many companies now subsidising gym memberships, but we haven't become healthier as a nation – quite the opposite! Rates of obesity and metabolic diseases like diabetes have never been higher. This is often not a lack of knowledge or simply a physical problem, but something deeper that needs tackling at root cause both mentally (e.g. emotional eating) and practically (people nowadays have very little spare time whilst working, running a home, and raising a family etc.)

I have over 10 years professional experience in helping people just like you become the healthiest version of themselves. My aim is to empower people who are tired of being at war with their bodies and who are ready to go from tired, defeated, and unhappy with their situation to confident, energised and to find themselves again.

I would love to support you with this lifestyle change, please drop me a message to arrange a free consultation or you can find me at:

<https://www.annabellesmithwellnesscoach.com>

[www.instagram.com/the.mindful.diet.coach](https://www.instagram.com/the.mindful.diet.coach)

<https://www.facebook.com/annabellesmithwellnesscoach>

[www.linkedin.com/in/annabelle-smith-wellness-coach-353686186](https://www.linkedin.com/in/annabelle-smith-wellness-coach-353686186)

Google reviews at <https://g.co/kgs/tB6YTQZ>

Finally, Christchurch patients may use the code 'CHRISTCHURCH' to access a 20% discount on any of my programmes/meal plans to assist you on your journey.

\*Neuro-Linguistic-Programming addresses the 'mind side' of the process and is a great tool in changing habits, behaviours and how you view things.

