



# Helen Kimber

## 'Be Your Own Hero'

Helen is an award-winning Educator and Trainer focusing on nutritional, physiological and psychological health to improve wellbeing and lifestyle.

With her vast knowledge, clinical experience and passion, Helen set up Hero Lifestyle to inspire and empower both individuals and groups to lead healthier, happier lives. Helping people understand the amazing machine called the human body and the fuel that is called food, Helen shares tools and strategies to support everyday living.

## Get in touch!

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## Qualifications, Memberships & Experience

- MSc (Merit) Nutritional Medicine
- BSc (Hons) catering and applied nutrition
- Qualified Teacher (food and nutrition)
- Level 3 PT and fitness instruction
- Specialist level 3 PT for individuals with disabilities
- Level 3 safeguard trained
- Yoga teacher: First Aid for Sport: Update register for DBS
- Studied with the National Centre For Eating Disorders
- Member of Federation of Holistic Therapists
- Member of CIMPSA:

## Testimonials

*"The learning environment was safe, supportive, and honest. Delegates all exchanged questions and tips which Helen welcomed and encouraged."*

*"A fascinating topic delivered by a true subject expert. I have already changed some behaviours and would love to delve even deeper into nutrition."*

*"Helen created a safe and comfortable learning environment; the small group size really added to the positive experience. We all felt confident to ask questions and share experiences. Thank you, Helen, for the brilliant course."*

## Helen works with

- Leaders and managers to increase profitability and productivity
- Teams and groups
- Wellbeing business champions
- Front line workers

## Helen helps

- Increase staff motivation
- Reduce Attrition rates
- Reduce sickness and absenteeism
- Reduce stress and anxiety at both work and at home

## Helen specialises in

- Managing stress & the menopause at work
- Nutrition and wellbeing
- Physiology and wellbeing
- Mindfulness at work

