

# Prescription for Lifestyle Education & Health Coaching

- **Lifestyle Risk Factors**
  - Dietary Concerns
  - Physical Inactivity
  - High Stress
  - Smoking
- **Healthy Aging**
  - The Art of Aging
  - Mindfulness
  - Work/Life Balance
  - Life Change Integration
- **Food/Eating Modification**
  - Healthy Eating & Hydration
  - PURE: Plant-based Course
  - KETO: 21-Day Challenge Course
  - First Line Therapy® Program
  - Elimination Program
  - Detox Program
  - Specialized (AIP,GAPS,eetc)
- **Massage & Movement**
  - Cranio-Sacral/Fascial Work
  - Myofascial/NeuroMuscular
  - Neck/Shoulders
  - Hips/Back
  - Knee/ankle/feet
  - Other: \_\_\_\_\_
- **Altered Body Composition**
  - Overweight (BMI 25-29.9)
  - Obesity (BMI 30-39.9)
  - Waist-to-Hip Ratio (m >1, f >.08)
  - Run a BIA
- **Blood Sugar Management**
  - Insulin Resistance
  - Metabolic Syndrome
  - Family History of Diabetes
- **Cardiovascular Risk Factors**
  - Hyperlipidemia/Dyslipidemia
  - C-RP/Homocysteine (elevated)
  - Family History CHD
  - Cardiovascular Disease
  - Hypertension
  - Atherosclerosis
- **Gastrointestinal Issues**
  - Indigestion
  - Food Sensitivity Concerns
  - GERD/Heartburn
  - IBD/IBS
- **Chronic Pain & Fatigue**
  - Arthritis
  - Chronic Fatigue Syndrome (CFS)
  - Fibromyalgia (FM)
- **Sleep Dysfunctions**
  - Sleep Apnea
  - Insomnia
- **Learn about Labs**
  - Run Functional Report
- **Well-Being Partner**
  - Habits
  - Organization
  - Inspiration & Ideas
- Other:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Follow-up with:

Kim Lee-Thorp  
NBC-HWC, FMCHC, BCTMB, CNC  
Owner, TWBoord  
823 Tumbleweed Lane  
Fallbrook, CA 92028  
760-321-3550  
kim@twboord.com

Practitioner Name/Stamp

