

Know where you want to go – and get there



healthCAL®

“I wish I was slimmer.”
“I’d love to be more active.”
“All this stress is getting me down.”

If you’ve said any, or all of these things to yourself since you made your list of New Year’s resolutions – you’re not alone. Where health is concerned we usually set unrealistic goals and try to change everything at once. Then, if we don’t see changes within a week, half of us will have given up and gone back to where we started.

If all this sounds depressingly familiar, don’t despair. Help is at

hand, in the shape of healthCAL, a 12-week programme designed to kick start a seriously healthy lifestyle, in a way that’s achievable and fun.

It’s a well-known fact that people who schedule events and appointments in their diary are more successful, more effective and more likely to achieve their goals – so it pays to get organised. And whether you want to manage your weight,

get a grip on your stress levels or become more active, a healthCAL lifestyle consultation could be just what you need.

Here’s how it works. You’ll receive personalised one-to-one advice from a professional lifestyle consultant to identify your specific health goals and set realistic targets. Throughout the programme you’ll receive freephone support enabling you to address lifestyle changes one step at a time, so success can be within your grasp.

The programme delivers an easy-to-use lifestyle tool designed to be your motivation mate. It’s available in two versions – an electronic version for your PC or Mac, and a booklet version with unique sticky labels for your diary. You’ll be guided through effective steps and tasks, with gentle reminders at every stage – so you’ll feel motivated to schedule

a walk at lunchtime, or take the stairs rather than the lift.

Lifestyle coach Rachel Stokes is launching consultation sessions for healthCAL at Henry House Therapy Centre in Worthing’s Heene Road. And there’s a special offer for Essentially Worthing readers - 15% discount on your initial consultation when you book during March and mention the magazine.

As Rachel says – “There are now officially four days in the week beginning with the letter T. Tuesday, Thursday, tomorrow and.... TODAY!” When will your new healthy lifestyle begin?

To find out more, visit www.healthcal.co.uk or to book a session with Rachel at Henry House, call 01903 232875.

Becky Yates
Qualified Holistic Beauty Therapist & Sports Massage

- Aromatherapy & Sports Massage
- Indian Head & Hot Stone Massage
- Manicure / Pedicure
- Waxing
- Reflexology
- Facials
- Reiki Healing

50% off first treatment every 4th massage 1/2 price
01903 240571
07789 643855
Palatine Road, Worthing

Gift Vouchers

 **Personalised One to One advice**

healthCAL®

- 12 Week Programme
- Realistic Targets
- FREEPHONE support

To find out more visit www.healthcal.co.uk or to book a session with Rachel at Henry House call

01903 232875

Henry House
THERAPY CENTRE

You can book any of these therapies at Henry House

- Acupuncture
- Osteopathy
- Shiatsu
- Aromatherapy
- Lymphatic Health
- Physiotherapy
- Holistic Facials
- Hopi Ear Candles
- Hypnotherapy
- Counselling
- Chiroprody
- Reflexology
- Hydrotherapy
- Indian Head Massage

Enjoy safe exercising in our fully supervised hot pool (95°F 35°C).
A wonderful way to relax and unwind.
Swimming lessons for all ages
Parent/carer and baby sessions (Mon/Tues 3pm Wed 2pm Thurs 9am/11am Fri 11am/2pm)
Adult only and private group sessions.
Open weekdays 8am-9pm/Sat 9am-6pm

Please drop in to Henry House 189 Heene Road, Worthing or call/visit 01903 232875
www.henryhouse.net

Bubbles CLUB
The Bubbles club welcomes babies and toddlers from birth onwards. Your child can build water confidence and learn safety techniques in the warm, relaxed environment of our luxurious pool. Contact us on **01903 232875** to find out when the next course starts.



The weight loss programme for those with three stone or more to lose

Do you sometimes eat when you're not hungry? LighterLife will help you to understand why.

This unique programme is so much more than a diet. It's about finding the real you and making long term changes to improve your health and lifestyle forever.

- Fast, simple and effective
- Scientifically proven
- Foodpacks provide all your daily nutrition
- Valuable support and encouragement from a qualified LighterLife Counsellor for long-term results

Call now to find out more:



Val Perry (Worthing)
01903 265521
www.lighterlife.com

Heaton House



20/22 Reigate Road, Worthing
(near Goring Road Shops)

Highgrove House



32/34 Winchester Road
Worthing (near Heene Road)

Heaton House

A small home with 12 rooms, specialising in Alzheimer's and Dementia care

Sally 01903 700251
www.heaton-house.net

Clive 01903 230487
www.highgrove-house.net



TRAX

HEALTH AND FITNESS CLUB

68a Heene Road, Worthing, BN11 3RG

UNDER NEW OWNERSHIP

- Workout programmes to fit personal goals
- Machines and free weights for all your training needs
- Small and friendly Gym with experience and qualified staff on hand
- Whether you want to lose weight, tone up, add muscle or just want a fit lifestyle, come and join us at TRAX

Open 7 days a week – Friendly atmosphere for all ages

Classes below at reduced rates for Members

- Self Defence for beginners & family classes (from £5)
- Male & Female personal trainers (from £15 30 mins)
- Circuits & express circuits
- Nutrition and healthy eating plans

- Legs, bums & tums
- Boxercise to music
- Pilates



Membership from **£175** a year



01903 824881
www.trax-health-and-fitness.co.uk

FACE: THE FUTURE UK

rejuvenation aesthetics
look younger for longer

Specialising in non surgical cosmetic treatments for lines and wrinkles.

FACE: THE FUTURE UK offers a safe, professional, discreet, personalized service by a fully qualified, experienced UK trained medical doctor.

Make an informed choice about your cosmetic enhancement provider

- Pre-treatment health screen
- Honest, no-obligation advice
- Safe, professional, effective treatments
- Full insurance cover
- References from satisfied clients
- Post-treatment care
- Post-treatment advice line

FACE: THE FUTURE UK for wrinkle relaxing injections and dermal fillers to rediscover a more youthful appearance.

For more information or to arrange a confidential, no obligation consultation call:

FACE: THE FUTURE UK

Cornerways Dental Practice
Weavers Hill • Angmering • Sussex BN16 4BE

Tel: **01903 782530**

Mob: **07772 610656**

POWER-COACH

Whole Body Vibration Training

Book your free trial today



Our clients are experiencing a greater level of fitness, inch & weight loss, all by using our Vibrogym equipment.



We have received comments such as, "My clothes fit better now", "I've lost almost a stone", "I took 3 minutes off my personal best", and "the 3 x 20 minute sessions a week really fit in with my lifestyle".



And new for March...

NARL® [517]

The Narl [517] has swept the rest of Europe by offering clients the chance to lose inches in just a few weeks. Using ultrasound technology for only 10 minutes the Narl [517] allows you to target the specific area requiring weight loss.

Others talk about slimming. We do it, and we can prove it!

01903 500123

1 Wallace Parade Goring Road Worthing BN12 4AL info@power-coach.co.uk www.power-coach.co.uk