



12 WEEKS
TO ALIGN
YOUR HEALTH



PROACTIVE . MULTI-DISCIPLINARY . AWARD-WINNING.





ARE YOU READY
TO GET
ALIGNED



ADDRESS YOUR WHOLE HEALTH

What is 12 Weeks To Align Your Health?

A 12 week journey to a healthier you!

If you want to improve your wellbeing and make a positive change to your life, our specially designed 12 Weeks To Align Your Health programme can help you to take control of your health.

Align is currently the only health agency in Jersey to provide such a comprehensive programme.

Why?

The world today has advanced in many ways but the further we “advance” the harder we work and the busier our lifestyles become. This often leads to a decline in health; be it to our physical health, chemical health (what we put in to our bodies) or our emotional/mental health. We are in an era when people need to better connect their health to their behaviours by addressing their whole health. Align provides a 360 degree view of your present health and then guides you on the path to a healthier version of yourself.

Align’s 12 week programme not only considers the physical body and nutritional aspects of being healthy but also the effects of stress and emotions on our bodies. We take 40 blood tests (including homocysteine and other metabolic markers), provide personalised fitness sessions and treatments to include chiropractic, sports and remedial massage, cognitive mind therapy, food coaching and nutritional guidance.

What we measure – the science



What do we test?

Vitamin D deficiency, cardiovascular health, liver function, kidney health, bone health, red blood cells, immune health, metabolic health, HbA1c (diabetes risk), thyroid health, inflammation marker (CRP), Omega 3:6, blood typing and an additional test currently not available in Jersey until now, homocysteine.

Why test homocysteine?

A constantly increasing number of studies have been published that show homocysteine to be a reliable predictor of potential future health problems.

A high blood level of homocysteine can be a reliable risk factor for our potential to develop diseases such as chronic pain, digestive disorders, depression, myocardial infarction (heart attack), cerebrovascular accident (stroke) and diabetes. While the results are not predicating that you will in definitely develop these issues, they can be a valuable tool in helping us to highlight where are your risk areas and helping you to develop the tools to live a healthy lifestyle.

Metabolic health testing.

There are five areas that are considered risk factors when testing your metabolic health.

- A large waistline
- A high triglyceride level
- A abnormal low HDL cholesterol level
- High blood pressure
- High fasting blood sugar

Your risk for heart disease, diabetes, and stroke increases with the number of metabolic risk factors you have. We know the risk of having metabolic syndrome is closely linked to being overweight, obesity and a lack of physical activity, but it is possible to prevent or delay metabolic syndrome mainly with lifestyle changes.

Not only do we do a full blood analysis we also use other markers to assess your whole health from:

functional movement screening, blood pressure, BMI, body measurements, postural assessment (computerised), and a “wellness score” test.



THIS IS A COMMITMENT TO
CHANGE YOUR HEALTH AND
FOR THAT COMMITMENT WE
PROMISE TO SUPPORT AND
GUIDE YOU EVERY STEP OF
THE 12 WEEKS AND BEYOND.

What to expect?

First steps: You will be assessed to ascertain your suitability for this programme, which includes a consultation looking at your personal health history followed by an in depth physical chiropractic examination.

Following your acceptance onto the programme, you will then be invited to come along to an orientation night 2-4 weeks before your start date, where the course programme is fully explained and an instruction pack provided detailing exactly what will be required of you and the team.

You will also get to meet the team who will help you throughout your 12 week journey and have the opportunity to ask any questions, along with meet your fellow participants.

Your first appointment will be with our cognitive hypnotherapist and mind coach, this session will focus on your own personal journey and identify any limiting beliefs that may have held you back from reaching your goals in the past. You will receive a total of four sessions (1 x month) throughout the programme mainly consisting of mindfulness techniques and NLP (neuro-linguistic programming) (techniques will be tailored to the individual clients needs) .

Time line

Week 01-2

Blood pressure, heart rate, BMI, posture assessment, wellness score
Chiropractic follow up assessment, report and treatment
Sports and remedial massage
Functional movement testing and first personal training session

Week 2-12

Appointments booked in advance (where possible) with full flexibility given on which order you have these weekly sessions:
1x Chiropractic treatment,
1x Sports and remedial massage
2x personal training sessions.

In addition to the above you will also receive a weekly menu plan, including shopping list of food required and helpful tips and guidance on the programme for the weeks ahead.



ALIGN COMMUNITY

To help support participants on the programme and so we can communicate with ease, each group will be invited to a private facebook group. We hope that participants will use this group to motivate and supports one another. The course instructors will also share any hints and tips they have that will help the participants and to post useful vlogs on fitness, for example.

How will you know it's worked?

Apart from seeing and feeling noticeable differences, from losing weight, looking healthier and feeling emotionally different, we also will re-test all your key biomarkers (bloods) which we performed at the start of your 12 week journey. Your results are provided in a private one-to-one session discussing your improvements and how to maintain your progress for the future.

What happens at the end of the 12 weeks?

As recognition for all your hard work and dedication we will hold an awards evening with all of the 12WTAYH participants, where you will get the opportunity to celebrate your success with one another and receive your exclusive accomplishment rewards.

As part of your success we will also offer continuing support, and as you are now part of the Align community provide discounts for Align individual treatments and membership packages.

Who is it for?

The course can cater for everyone who is looking to "realign" their health, whether you are looking for a kick-start on to the right path or you are looking to develop long lasting good habits and make a positive change to your long term health, or you feel your health and fitness may have plateaued.

Make that decision to make the positive health change today and give us a call.



HEALTH IS A JOURNEY,
NOT A DESTINATION

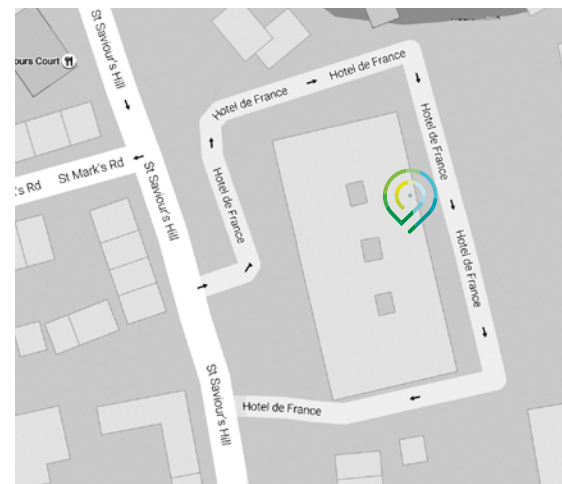


HEALTH IS A JOURNEY. NOT A DESTINATION.

As the only multi-disciplinary health agency in Jersey, Align is founded on the belief that health is a journey, not just a destination. The team at Align is made up of highly qualified, talented and experienced practitioners in their particular areas of specialism. We work together to provide clients a preventative and holistic approach to your health.

Drawing on our knowledge and experience, we can help you understand and navigate the complex landscape of long-term health and how to maintain it.

For more information on our team and our services go to www.align.je



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Health is a journey, not a destination

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