



Wellness Hub

YOUR HEALTH YOUR WEALTH

www.wellnesshubsa.co.za

MEET YOUR HEALTH COACH

Noxolo Sipayile

**Certified Functional Nutrition Health Coach,
based in East London**

Noxolo Cleopatra Sipayile is a passionate and dedicated health coach with a proven track record of helping clients achieve their wellness goals. She is a certified health coach with a deep understanding of nutrition, fitness, and holistic wellness practices. Noxolo is committed to empowering individuals to make sustainable lifestyle changes that lead to improved health and overall well-being.

Credentials

- Diploma in Professional Health Transformation and wellness Coaching (HCA)
- Honours in Special Educational Needs (Unisa)
- Certified Mindbodygreen Functional Nutrition Expert (Mindbodygreen)
- Certification HIV/AIDS CARE AND COUNSELING (Unisa)



Specialising in



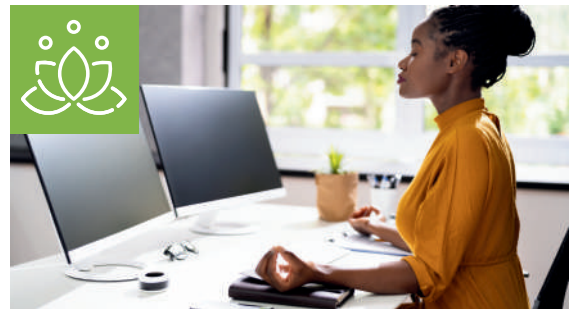
**Personalized
Nutrition Guidance**



**Lifestyle and
Behavioral Coaching**



Fitness and Exercise Planning



**Stress Management
& Mindfulness Techniques**



**Goal Setting &
Accountability Support**



**Wellness Workshops
and Education**

Approach

Noxolo takes a personalized and holistic approach to health coaching, working closely with each client to develop tailored plans that address their unique needs and preferences. She believes in the power of education, motivation, and ongoing support to help clients make lasting changes and develop healthy habits for life.



Philosophy

Noxolo's coaching philosophy is rooted in the belief that small, consistent changes can lead to significant improvements in health and quality of life. She advocates for a balanced and sustainable approach to wellness, focusing on nourishing the body, mind, and spirit.



Treatments



Light Therapy Clinic

Light therapy treatment is done using a non-invasive certified medical device.

BENEFITS

- Increases the production of collagen
- Increases Vitamin D in the body
- Improves microcirculation
- Promotes wound healing
- Prevents skin problems
- Relieves pain/heals
- Increases skin hydration
- Boosts the immune system
- Treats respiratory diseases
- Increases cell activity
- Fights seasonal affective disorder (SAD)



Chair Massages

Massage chairs offer a variety of benefits for users, both in terms of physical and mental well-being. Some of the key benefits of using a massage chair include:

BENEFITS

- Reduce stress levels
- Alleviate muscle tension, stiffness, and pain in various parts of the body
- Loosen tight muscles, which can improve flexibility and range of motion.
- Improve blood circulation
- Correct postural imbalances.
- Boost energy levels
- Promote better sleep
- Immune system support
- Mental relaxation



Treatments



Food Therapy Sessions

Food therapy, also known as nutrition therapy or diet therapy, involves using specific foods or nutrients to help prevent or manage various health conditions. Here are some of the key benefits of food therapy:

BENEFITS

- Improved overall health
- Disease prevention
- Weight management
- Improved digestion
- Boosted immune system
- Increased energy levels
- Mood regulation
- Improved skin health
- Better sleep
- Enhanced athletic performance



Individual Custom-made Programme

Online & In-person

BRONZE
6 WEEKS
MAINTENANCE
PROGRAMME

Includes:

- 6 X 45 minutes sessions
- Bronze is suitable for people who have been in the programme previously but still feel they still need more help .

SILVER
8 WEEKS
PROGRAMME

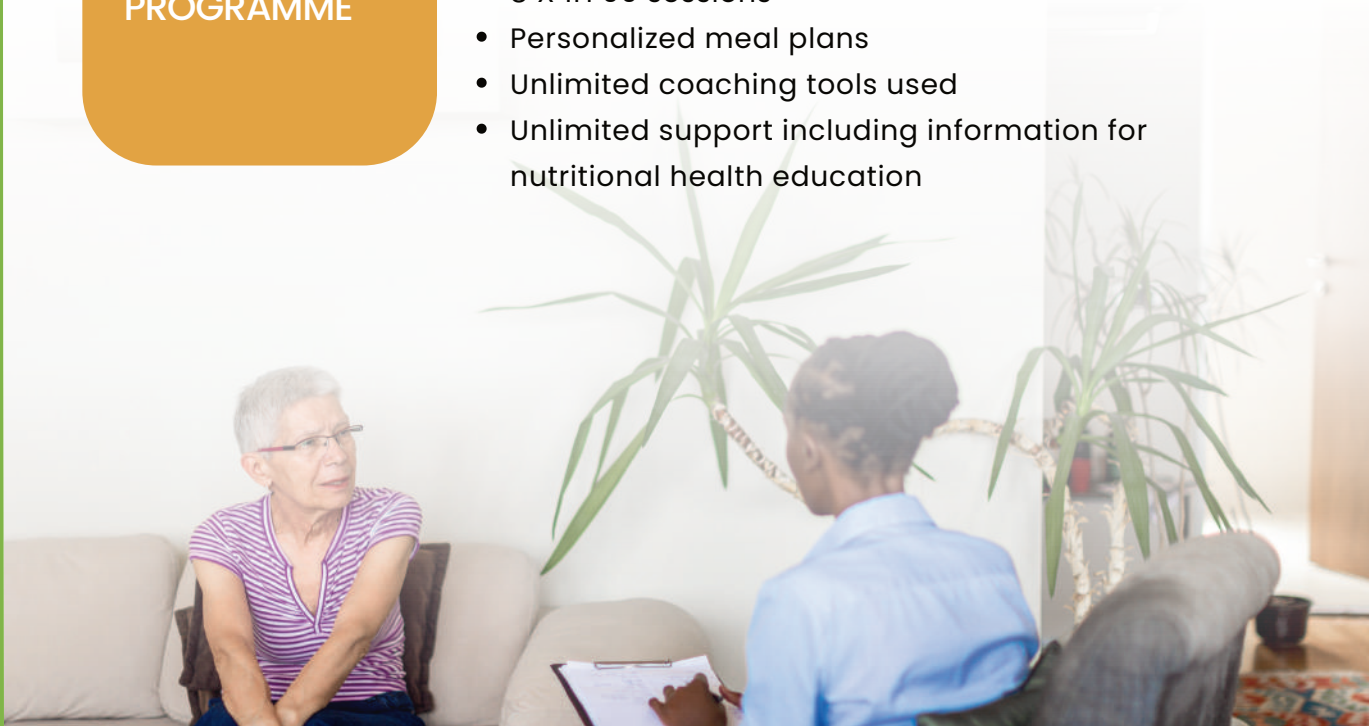
Includes:

- 2 X 1H 15 minutes sessions the first and the last
- 6 X 45 minutes sessions
- 7 day meal plan and blood sugar balance booklet
- 6 coaching tools and limited support

GOLD
10 WEEKS
PROGRAMME

Includes:

- 2 X 1 H 30-minute sessions for the first and the last
- 8 X 1H 00 sessions
- Personalized meal plans
- Unlimited coaching tools used
- Unlimited support including information for nutritional health education



Corporate Health & Wellness Programme

Online & In-person

Serves to help the workforce to achieve a higher level of wellness and general workplace well-being. Employee wellbeing should be a priority as every business or organization depends on them. Healthier and happier employees create a positive workplace culture.

This Corporate wellness programme offers the following;

- Guidance on mental and physical health issues
- Help with issues like smoking, weight management, and sleep.
- Guidance on nutrition
- Getting rid of body aches

Programme Benefits

- Less sickness as burnout will be history.
- Great reputation as an employer who cares for their people and that can attract and retain the best talent .





*Let's chat about
your health.*



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Let's connect on social media    @wellnesshubsa