



PAUL K EHREN

Health, Exercise & Nutrition Consultant

HEALTHSPAN



**Health & Mobility into our
50's, 60's, 70's and beyond
A program for all men & women**

paulkehren.co.uk



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Some facts:

In 2016 the UK population was 65.6 million, its largest ever

The population is getting older with 18% aged 65 or over and 2.4% aged 85 and over

There were 285 people aged 65 and over for every 1,000 people aged 16 – 64 years (“traditional working age”)

Source – Office for National Statistics

A study recently published in “The Lancet”, the world’s premier medical journal, states that 1 in 5 deaths worldwide are associated with poor diet. Making unhealthy eating responsible for more deaths than smoking or high blood pressure – Health Metrics Sciences, University of Washington.

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Obesity is one of the leading preventable causes of death but...

The World Health Organisation study from 2014 indicated that 28.1% of adults in the UK were recognised as clinically obese and 62% of adults were overweight

More than two thirds of men and nearly 6 in 10 women were overweight or obese.

There are expected to be 11 million more obese adults by 2030 resulting in up to 668,000 more cases of diabetes, 461,000 cases of heart disease and stroke, 130,000 cases of cancer

Associated medical costs are set to increase by £1.9 - £2.0 billion by 2030

A 2014 report by the Alzheimer's Society found that there was 850,000 people living with dementia in the UK with associated costs to the healthcare system of £26 billion.

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The NHS have stated that Osteoporosis affects more than 3 million people in the UK and more than 500,000 fragility fractures require hospital treatment each year as a result of the disease.

Diabetes UK state that 3.5 million people in the UK are living with diabetes and an additional 549,000 have the condition as yet undiagnosed. This represents every 1 in 16 people live with the disease

Diabetes is now the 5th most common reason for death in the world. Type 2 diabetes will on average reduce life expectancy by 10 years.

The cost to the NHS is £173 million per week.

Cancer UK state that incidence rates for all cancers (some truly preventable) will rise by 2% between 2014 and 2035 to 742 cases per 100,000 people. UK incidence is ranked higher than two thirds of Europe

**Sedentary lifestyles are leading to around 50,000 deaths per year in the UK resulting in costs to the NHS of almost £1 Billion.
– Queens University Belfast.**

Enough!! Let's start the fightback here

“Do not go gentle into that good night, old age should burn and rave at close of day. Rage, rage against the dying of the light”

– Dylan Thomas

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It is possible to enjoy health, vitality, strength and mental acuteness into our 60's, 70's, 80's and beyond

We just need some assistance to take control of our own health destinies.

We need to move more and eat sensibly

Resistance training for both sexes, cardio vascular work, flexibility, true functional movement, cognitive activity

You are bio chemically unique and deserve to be treated as such. This personalised, bespoke approach allows us to do just that

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This is NOT a quick body transformation scheme but is designed to install life time changes that will benefit you now and for many, many years in the future

We will provide:

A thorough questionnaire allowing us to highlight both the good and less good aspects of your current health & lifestyle

A basic “internal MOT” blood screen which will report on Red and White blood cell status and health, Liver & Kidney function, blood glucose, Lipid profile (triglycerides and cholesterol), Iron concentration, inflammation markers.

The option to expand the tests to cover hormonal markers, vitamin levels and any other element seen to be relevant

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A complete review of current activity/exercise, advice for the future and a commentary on current nutrition habits with detailed advice on any improvements that may be needed.

The option of a complete meal preparation service, to your exact requirements, using only the best Organic, free range produce.

Discussion on lifestyle aspects

Female Health & Fitness: A hugely misunderstood and misinterpreted aspect of health. So many women suffer unnecessarily through periods of their life. We have specialised insight and will major on a number of areas including training and nutrition specifically matching female & family requirements, stress/anxiety and Hormonal issues.

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Ideally, everything will be dealt with on a personal basis but the option exists to work online if distance is a problem

We will run videos on a variety of health- related topics.

The initial program is designed to run for a period of 12 weeks during which full back up will be provided. An on-going care package will also be available.

Together we can make a difference

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