Harley Street at Home

MENOPAUSE

Health and Fitness Expert Lesley Waldron

Lesley Waldron is a women's health and fitness coach on a mission to support and inspire women in their 40s and beyond to feel wildly well. To help them feel empowered and supported enough to prioritise their self care, to find joy in movement and embrace ageing.

She's an experienced personal trainer and running coach based just outside Bristol and runs body positive, feel-good outdoor fitness classes with a focus on working with peri to post menopausal women.

She is also trained as an Integrative Women's Health Coach and NLP practitioner and supports her clients in the perimenopause transition with nutrition, mindset, movement and more.

Lesley's work is influenced by nature and the outdoors and helping us tune into our natural cycles - as tools for self awareness and creating habits to support our wellbeing.

Find her on www.lesleywaldron.co.uk or www.wildcountrywoman.com

Her instagram is https://www.instagram.com/lesleywaldronhealthcoach/
Facebook https://www.facebook.com/wildcountrywomanuk
And LinkedIn https://www.facebook.com/wildcountrywomanuk