



SYDNEY
LOW CARB
SPECIALISTS

THE HEALTH SOCIETY

INTEGRATIVE NUTRITION &
HEALTH COACHING

Kathryn Mayne | Certified Health, Nutrition & Menopause Coach

Founder of The Health Society | Specialist in Low-Carb & Ketogenic Nutrition.



I know firsthand the challenges and rewards that come with making this shift. As a Certified & Accredited Integrative Health & Nutrition Coach, I help clients navigate the mindset, social, and physical adjustments needed for lasting success.

I believe in making a Low Carb & Ketogenic lifestyle simple, enjoyable, and sustainable, because when you find what works for your body, the results can be truly life-changing. I personally have over 5 years lived experience of following a Low Carb lifestyle with transformative results.

WHAT IS A HEALTH COACH

Just like a sports coach helps an athlete excel, a Health & Nutrition Coach guides you in transforming your health, whether it's managing a chronic condition, preventing disease, or optimising overall wellness.

Many people know what to do but struggle with lasting change. A Health Coach provides the support, tools, and strategies to turn knowledge into action; helping with weight management, reducing cravings, improving metabolic health, and building sustainable habits for long-term success.

HOW A HEALTH COACH HELPS YOU SUCCEED

- ✓ Support & Guidance – You're not alone on this journey.
- ✓ Personalised Approach – Find what works for your body and lifestyle.
- ✓ Sustainable Habits – Build daily routines that align with your health goals.
- ✓ Accountability & Motivation – Your personal cheerleader for lasting change.
- ✓ Bridge the Gap – Turn knowledge into action for real results.

MY COACHING APPROACH


- ✓ Personalized Support – Your health journey is unique, and so is my approach. I meet you where you are and tailor coaching to your goals and motivations.
- ✓ Strength-Based Guidance – Build confidence by focusing on what works, learning from past successes and setbacks.
- ✓ Lasting Change – Identify and implement sustainable habits for real, long-term transformation.
- ✓ Ongoing Accountability – Regular progress reviews, overcoming challenges, and setting clear next steps.

I look forward to connecting and supporting your journey!

**An Integrative Health
& Nutrition Coach is**
the best investment you can
make in yourself; and it lasts
a lifetime

CONTACT

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