

London Personalised Diet Health Coach Introduces Heart Wellness Plans

Tailored Wellness Programs: Boost My Energy offers personalised heart health and lifestyle plans, combining nutrition, stress management, and corporate wellness solutions to improve employee energy, focus, and productivity.

Kingsteignton, England Nov 11, 2025 ([IssueWire.com](https://www.IssueWire.com)) - Boost My Energy, led by certified [personalised diet health coach in London](#) **Katya Bobova**, today announced the launch of its innovative **Heart Wellness Plans**. The program is designed to help organisations improve employee heart health, energy, and overall workplace productivity while reducing stress and burnout.

With sedentary lifestyles, poor nutrition, and increasing workplace pressures impacting physical and mental health, corporate wellness has never been more important. Boost My Energy's Heart Wellness Plans combine **corporate wellness solutions**, personalised coaching, and interactive workshops to help employees develop sustainable habits for heart health and overall well-being.

"Heart health is central to overall performance, both personally and professionally," says **Katya Bobova**, founder and **health coach for corporate wellness**. "Our Heart Wellness Plans empower employees to make meaningful lifestyle changes while helping companies build more productive, energised, and resilient teams."

Heart Health Matters

The modern office often contributes to poor cardiovascular and mental health. Long hours, stress, and irregular meals can impact focus, energy, and employee engagement. Boost My Energy's program addresses these issues by focusing on:

- Nutrition strategies that support heart health and energy
- Stress management techniques to reduce burnout
- Movement routines suitable for office environments
- Sleep optimisation for improved recovery and cognitive function

By tackling these areas, companies can improve workforce wellbeing and reduce costs associated with absenteeism and presenteeism.

Meet Katya Bobova

Katya Bobova is a certified **personalised diet health coach in London** and founder of Boost My Energy. With years of experience as a **corporate wellness health coach** and **diet & nutrition health coach**, she has helped individuals and teams optimise their energy, reduce stress, and improve overall performance.

"Our approach is practical, sustainable, and evidence-based," Katya explains. "We work with employees and leadership to embed wellness into the culture, not just in isolated sessions."

Tailored Wellness Programs

The Heart Wellness Plans are personalised to meet the needs of each organisation and its employees.

Key components include:

- **Personalised Health Assessments:** Evaluating nutrition, sleep, stress, and lifestyle habits for each employee
- **Custom Coaching Plans:** Individualised guidance on diet, exercise, stress resilience, and heart health
- **Workshops & Webinars:** Interactive modules on “Heart-Healthy Nutrition,” “Mindful Movement at Work,” and “Stress Resilience Strategies”
- **Ongoing Monitoring:** Regular check-ins and progress tracking to ensure measurable results

These **corporate wellness solutions** ensure that employees are supported continuously, allowing changes to be both sustainable and effective.

Workshops That Inspire

Interactive workshops are a core part of the program. Employees participate in practical, engaging sessions that encourage immediate lifestyle improvements.

Topics include:

- **Restorative Sleep & Heart Health:** Techniques to improve sleep quality and cardiovascular function
- **Stress Resilience for Busy Professionals:** Mindfulness, breathing, and relaxation exercises
- **Mindful Movement at Work:** Simple exercises that can be performed during office hours
- **Anti-Inflammatory Nutrition:** Meal planning for sustained energy and heart health

These workshops are designed to be actionable, helping employees apply what they learn in their daily routines.

Corporate Integration & Culture Alignment

Boost My Energy collaborates with leadership teams to ensure wellness initiatives are embedded into company culture. This includes:

- Adjusting break schedules to promote movement and rest
- Implementing policies that encourage healthy habits
- Providing team incentives to participate in wellness activities

By integrating wellness at a cultural level, organisations create an environment that supports employee health and engagement long-term.

Track Progress & Results

The Heart Wellness Plans include monitoring and reporting to measure the impact of wellness initiatives. Employees receive:

- Regular check-ins from a **health coach for corporate wellness**
- Digital tracking tools for nutrition, activity, and sleep
- Feedback loops to refine personal plans for maximum results

This approach allows both employees and employers to see tangible improvements in health, energy, and productivity.

Business Benefits

Implementing the Heart Wellness Plans provides companies with measurable benefits:

- **Reduced Absenteeism & Presenteeism:** Healthier employees take fewer sick days and are more focused at work
- **Enhanced Engagement & Retention:** Demonstrating commitment to employee well-being improves morale and loyalty
- **Healthier Workforce:** Preventive wellness strategies reduce long-term healthcare costs
- **Improved Cognitive Performance:** Better heart health, sleep, and nutrition lead to sharper focus and creativity

“Investing in employee wellness is not optional. It is a strategic business decision,” says Katya Bobova.

Case Study: London Marketing Agency

A recent pilot of Boost My Energy’s program in a London-based marketing firm resulted in:

- 25% reduction in stress levels among participants
- 20% increase in employee engagement metrics
- Improved energy levels and focus reported by 90% of staff

This demonstrates how personalised wellness interventions can produce **real, measurable outcomes** for businesses.

Future Expansion

Currently tailored for **SMEs and progressive organisations in London**, the Heart Wellness Plans are available in both on-site and remote formats. Boost My Energy plans to expand across the UK, helping more organisations implement **corporate wellness solutions** that improve energy, heart health, and productivity.

Join the Heart Wellness Movement

Organisations interested in implementing Boost My Energy’s Heart Wellness Plans can schedule a consultation or live demonstration today.

Contact Information:

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About Boost My Energy

Boost My Energy is a holistic health coaching business founded by **Katya Bobova**, offering individual and corporate wellness services. Programs focus on sleep restoration, stress resilience, personalised

nutrition, heart health, and sustainable lifestyle improvements. The mission is to help people reclaim energy, vitality, and well-being through evidence-based, practical coaching.

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