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Sports Podiatrists
Pilates
Yoga



Hayley Darby Nutritional Therapist

'I am devoted to empowering clients to discover their optimum potential through improved nutrient status, and encouraging a solid health foundation to facilitate the discovery of true performance capacity beyond self perceived limitations.'

Hayley's interest in nutrition developed into a career following her early experiences as a fashion model, where she became increasingly frustrated witnessing health being neglected for aesthetic pursuit. She gained her degree in Nutritional Therapy at Westminster University, with specific focus on therapeutic aspects in the clinical environment. Particular interests in Neuropsychology and Endocrinology, led her to explore aspects of performance related nutrition and eventually pursue her Msc in Sports and Exercise Nutrition at Oxford Brookes University.

Hayley has worked with both military personnel and elite and non-elite athletes to facilitate achievement of continually increasing goal attainment. She also holds an ISAK qualification for body composition assessment, is a member of The British Association of Nutritional Therapists (BANT) and The Nutrition Society.



For further information or to book an appointment, please call 08447 700 800.

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