



## **What can you expect as my client?**

My purpose as your healthy lifestyle trainer is to help you feel better physically, whether you have not previously tried to lose weight, or have tried and had trouble losing weight in the past, or you simply feel overwhelmed by all of the conflicting information presented in the media about food, exercise, and weight loss.

***I empower you with information about nutrition and physical activity to facilitate LASTING weight loss and healthy living.***

I do have a strong professional education in both cognitive-behavioral psychology and nutrition, however I am NOT a dietitian or a psychotherapist. I do not prescribe specific diets or focus on your past mental health. Instead . . .

***we focus on what is happening in your life in the present, what you would like to see happen in the future, and what you can do to make healthy behavioral changes that will help you achieve your dreams and goals.***

I am your partner and teacher as you transform from an unhealthy/unsatisfied person to a healthy/satisfied person. I provide knowledge, support, motivation, and inspiration.

I help you debunk myths and clear up the clutter in your mind about what habits are healthy and right for YOU. Together we create a completely individualized plan for your health. If needed, I can work closely with your physician as we begin or change your exercise and/or eating program.

Empowering, providing information, clarifying and setting realistic goals, motivating, supporting, helping you react to situations, challenging your irrational feelings about your weight and related goals—these are all part of my job as your healthy lifestyle trainer.

## **Are you ready to begin?**

If so, call me today. Training primarily takes place by phone or Skype, and my prices have been “recession-proofed” for 2010.

***Now is the ideal time to begin your new, healthier life.***