

If You Struggle...

With Regular Exercising:

For any one of these reasons...

- Undisciplined or unmotivated
- Find exercise boring, unpleasant, a chore
- Have a history of starting and quitting
- Not been able to make the time
- Been sedentary for a long time
- Out of shape or poor level of fitness
- Feel stuck, derailed, ambivalent
- Don't know how to start or make progress
- Easily winded, breathless
- Have low energy, poor stamina, tiredness
- Have lots of aches, pains, stiffness
- Concerned about past or possible injury
- Uncomfortable being seen in gym or pool

With Food/Drink Choices & Control

For any one of these challenges...

- Night time overeating or drinking
- Cravings, bingeing, addictions
- Indulging when eating out, with others, traveling
- Emotional, comfort, stress or secret eating
- Feeling out of control, can't say no or stop
- Yo-yo dieting or diet-binge roller coaster
- Shopping, planning or preparing healthy foods
- Unsure of what healthy balanced eating is
- Don't get enough vegetables
- Don't drink enough water
- Drink too much soda, energy drinks or alcohol
- Give in to holiday treats, junk food, drinks
- Have unhealthy relationship with food
- Don't know nutrition basics or what's healthy
- Concerned have to give up favorite foods/drinks

With Taking Care of Your Needs:

For any one of these reasons...

- Low self-confidence, low self-esteem
- Putting everything and everyone first, self last
- Stressed, busy, overworking, not a priority
- Feel undeserving, unworthy, bad, guilty
- Unmotivated, powerless, helpless
- Overweight, unhappy, unhealthy
- Beating self up, giving up, feeling like failure

Testimonials

"Alice, Thank you! You have provided me with a simple way to enjoy eating healthier foods without having to give up what I love. I now easily stop eating before I get full and am more satisfied with each meal. I also understand what it takes to keep me motivated to exercise regularly and how to get back on track if I ever get derailed again." – Shann Vander Leek

"I have really enjoyed doing the program. I have lost weight, and I am now feeling better and more focused. It has helped me figure out what I want to do and gotten me on track with my fitness and eating goals. It works, and it has given me some new tools that will help me the rest of my life. I now recommend it to my patients." – Dr Bob Videyko

"I no longer eat with anxiety. I've struggled with food for years and felt hopeless. Now I eat what I want in balance, without overeating or having cravings and obsessions. This is an amazing program that is giving me freedom." – Deb Smith

"My goal was to get my blood pressure and cholesterol down to avoid medications. I am very pleased with the results and continue to make more progress each week. It's been a wonderful experience and a life saver." – Ellis Wilkins

"This program was just what I was looking for, and it was surprisingly simple and easy to do. It gave me the confidence that I can eat with control without depriving myself. Now food and meals are no longer an issue for me." – Christine Dwyer

"I have Type II diabetes, and I am amazed how quickly my glucose levels dropped and got under control by just walking regularly and changing my diet. Alice has helped me to get moving, be consistent, and reduce my insulin dosage." – Peter Patch

"Who could imagine that something as simple as changing one's mindset could have such a profound impact? I used to think I was weak and had no willpower; now I feel truly empowered to make choices that work for me. I'm more active and enjoying healthy foods. It feels good." – Maureen Willey

"I already knew about nutrition, diet and exercise, but this allows all that to be used in a lifestyle way with greater trust in oneself. This approach is the missing piece. What is so different about this program is that the focus is on making choices that best serve me instead of trying to measure up to a structure and feeling judged for how well I did." – Barbara Swartz

Feel Your Personal Best

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Feeling Great Every day!



Would you like to...

Eat better food choices & portions
Solve emotional eating issues
Transition off yo-yo dieting
Be in control of your drinking
Stay active, fit and motivated
Get back to an exercise routine
Maintain healthy weight loss
Know how to reduce stress, or
Take good care of yourself

that's easy & even enjoyable
to reach your lifestyle goals?

You can know what to do, and still
not get yourself to do it or stick with it.
Get the help you need to break free of
the rut & unhealthy choices.

Eating, Drinking, Exercise & Self-Care
Coaching



Finally Have Success

Many programs are rigid and require you to follow their guidelines and rules with strict adherence. That works for some people or certain types of training. But if you need something else...

I offer an alternative approach that gives you the power of choice, the strategies for control, the knowledge to make healthier decisions, and the techniques to be motivated, mindful and consistent.

Not a diet. Not a fitness program. Not a drill sergeant.
A personalized approach that fits you & your life
that's easy & enjoyable to do and stick with

You Can...

EAT & DRINK WITH SATISFACTION & CONTROL

Overcome cravings, bingeing, addictions
Get strategies to be in control of food/drinks
Identify what is driving unhealthy choices
Pick healthier foods that are satisfying
Get help with basic nutrition & planning
Get control of portions and snacking
Eat your favorite foods in moderation

* Note : I'm not licensed to support alcoholic issues



ENJOY BEING REGULARLY ACTIVE & FIT

Find activities that fit your personal style
Create strategies for making time
Become self motivated
Be able and want to do more
Easily exercise regularly
Develop improvement strategies
Get back on track after derailments

* Note : I don't offer personal training services



LOVE & TREAT YOURSELF WELL

Create ways to reduce your stress
Learn how to make yourself a priority
Stop self criticism and making excuses
Turn failures into opportunities and strategies
Identify your needs and how to get them met
Overcome judgment, perfectionism and shame
Realize self-acceptance and self-worth

Coaching Services

MINI 3-SESSION PACKAGE

- ~ Identify what's really driving your behaviors
- ~ Co-create easy strategies for your situation
- ~ Get accountability to make healthy changes
- ~ Take control before the issues are habitual

This package is for issues that are new or very easily resolved to get you back on track

For example...

Quarantine related challenges

- ~ over eating
- ~ stress eating
- ~ unhealthy food choices
- ~ over drinking
- ~ recent inactivity
- ~ exercise derailment

Visit www.FeelYourPersonalBest.com
to schedule a free consultation

3-MONTH PACKAGE – extended as needed

- ~ In addition to what's in mini package, you...
- ~ Get ongoing support to make lifestyle changes
- ~ Learn the basics of nutrition, fitness or self-care

For issues that have gone on for extended periods and not as easily resolved, it takes a bit longer to make lasting mindset and lifestyle changes.

For example...

- ~ emotional eating
- ~ chronic inactivity
- ~ low motivation
- ~ low self priority
- ~ years of dieting
- ~ yo-yo dieting/bingeing
- ~ chronic obesity
- ~ years of over drinking
- ~ diabetic adherence resistance

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Alice Greene

Eating, Drinking, Exercise, Self-Care Coach

When people meet me they assume I am lucky because I am thin. But the truth is I had to change my lifestyle to get where I am today. I grew up fat and experienced the endless humiliation that came along with that. I've done diets, had gym memberships, bought exercise equipment and hired personal trainers. Nothing lasted. I was an exercise avoider and dieter with food and stress issues. But fifteen years ago I found the answer, and it wasn't a better diet or fitness program. It was a change in mindset about food, exercise and taking care of myself.

The answer lies in discovering what feels best to you, what you enjoy, what keeps you motivated and what is really sabotaging your good intentions and personal goals. There is always a good reason for why you struggle with food, drinks or fitness, and it is seldom what you've been told or think. I know how to help you resolve issues that keep you stuck and how to more easily achieve long-term success.

You may have struggled with food, what you drink in excess, or getting fit for years. It doesn't have to be that hard to solve this. These choices can be enjoyable, flexible and incorporated into a balanced lifestyle that feels really good right from the start and is easy to maintain.

The coaching process helps you resolve eating, drinking & exercise issues, from the inside out. It also provides the education, guidance and support you need to create and maintain a healthy diet, regular fitness and self care in your daily life. This will help you create a way of living that leaves you feeling good.

I am certified in emotional and intuitive eating and in exercise physiology. I have completed personal training and coaching programs in wellness, fitness and lifestyle fitness.

And I have helped hundreds of clients successfully change their lifestyles, bodies and mindset during the last 14 years.

I am now in my late 50s and in the best shape of my life and feel great. You can too!



Alice Greene
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