

# EMPOWERED

## Eating, Drinking & Exercising

that feels really good to you



### Freedom, Flexibility Confidence & Control

- ~ Eating well, eating less
- ~ Drinking less
- ~ Exercising regularly
- ~ Sustaining weight loss
- ~ Feeling great inside & out



## 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

"I have wanted to cut back on how much I drink for years. With Alice's help I've been able to easily have a few drinks a week instead of 1-2 a night and more on the weekends. I now feel confident I can enjoy a drink and stop at that." – BJ Stone

"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  
978-465-3555

[www.FeelYourPersonalBest.com](http://www.FeelYourPersonalBest.com)

# Empowered to Succeed

# Coaching Services

## FOOD EMPOWERMENT

Eat healthier foods & portions  
Manage cravings, stress eating  
Eat intuitively and consciously  
Eat foods you love in moderation  
Have strategies for all situations

- Be empowered around any food or situation
- Manage emotional & subconscious eating
- Know how to balance foods for nutrition
- Easily transition off simple carbs/sweets
- Get greater awareness of your body's needs
- Stop bingeing, secret eating, night-time eating
- Enjoy a healthy relationship with food

## DRINKING EMPOWERMENT

- Willingly and easily drink less alcohol, soda, caffeine, Kombucha, ...
- Able to stop at level best for you
- Know the signs, to stay in control
  
- Have strategies in place
- Address "need" for a drink & hidden justifications
- Manage emotional & subconscious triggers
- Fully enjoy what you are drinking, to drink less

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

## EXERCISE EMPOWERMENT

Redefine exercise to fit you  
Know what motivates you  
Have strategies to get going  
Be motivated by achievable goals

Create routines for your goals  
Enjoy exercising regularly  
Progress safely

- Get back on track after derailments
- Understand fitness basics
- Have greater awareness of your body's signals
- Discover new activities you love

\* Note : I don't offer personal training services

## BACK ON TRACK RESET – 6 Session Pkg

Quickly resolve and be in control of  
~ over eating  
~ stress eating  
~ unhealthy food choices  
~ drinking bit too much  
~ recent inactivity  
~ exercise derailment

- Nail down the issues
- Get strategies that work for you
- Get accountability you need
- Feel in control, confident & successful

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

Visit [www.FeelYourPersonalBest.com](http://www.FeelYourPersonalBest.com)  
to schedule a consultation

## EMPOWERED LIFESTYLE – 3+ Mo Pkg

For those who have experienced...  
~ years of dieting or restricted eating  
~ years of drinking bit too much or too often  
~ yo-yo dieting/over eating  
~ emotional, secret or binge eating  
~ years struggling with weight  
~ chronic inactivity  
~ low motivation  
~ low self priority  
~ diabetic adherence resistance

- Get support to integrate healthier choices
- Learn basics of nutrition, fitness or self-care
- Identify the deeper issues to create solutions

This package is for those who have struggled to change their lifestyle patterns, and want the 1:1 support, guidance, solutions and integration

Visit [www.FeelYourPersonalBest.com](http://www.FeelYourPersonalBest.com)  
to schedule a consultation