

Imagine...

Easily & naturally
living a healthier lifestyle
to feel and look great every day

Imagine...

Easily choosing to
eat well, drink well and stay active
because of how good it feels
and an empowered perspective

Imagine...

Having a way to deal with
temptations, cravings,
derailments, habitual patterns
that works well for you

Imagine...

Enjoying & preferring
a healthier lifestyle
&
taking good care of you

Imagine...

Loving How You Look & Feel
Feeling Great About Yourself

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

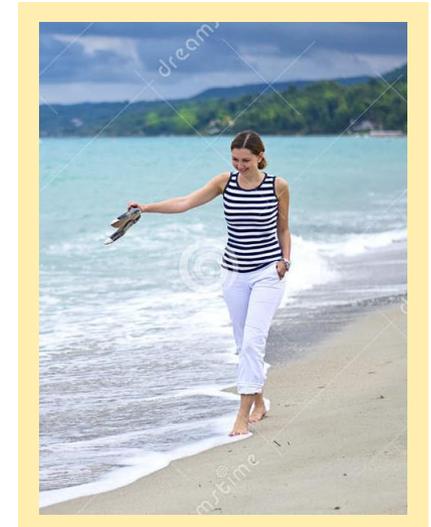
"Who could imagine that something as simple as changing one's mindset could have such a profound impact? I used to think I was weak and had no willpower; now I feel truly empowered to make choices that work for me. I'm more active and enjoying healthy foods. It feels good." – Maureen Willey

"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

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



Feel Your Personal Best
969 Market Street, San Diego, CA 92101
978-465-3555

www.FeelYourPersonalBest.com

Empowered to Succeed



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



Coaching 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 to schedule an Empowerment 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 to schedule an Empowerment Consultation

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 struggled with my weight since childhood, and know what it's like to yo-yo diet, lose the weight and gain it all back again.

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 seventeen 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.

The coaching process I've developed 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 physically, and about your choices and yourself.

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 15 years.

I am now in my 50s and in the best shape of my life and feel great.

You can have this too!



Alice Greene
agreene@feelyourpersonalbest.com