

## 18 Week Lifestyle Overhaul

Ever feel like you're looking over the edge not sure what to do? If you feel like you are to a point where you have to make a change in your life or you will face major consequences in your health down the road, then the complete lifestyle overhaul might be for you. This is unlike any program you have tried before and is not for those who are thinking about change. This class requires an intense personal commitment of both time and energy but it will change your life. During the 18 one on one sessions you will learn how to destroy bad habits, break down negative beliefs and shift your perspective to live a healthier stress free life. Yes I said stress free! I can guarantee that if you follow the steps laid out and practice the techniques I teach you can transform not only your outlook on life but also your overall health. 90% of the health challenges we face today are directly related to the lifestyle we live. If you can simply reduce your body weight by even 5% you can reduce your risk for many common conditions including diabetes, high blood pressure and high cholesterol. And, if you can employ just a few of the techniques I will teach, you can cope better with daily stress and enjoy a better quality of life.

For the first five days you reset your metabolism and get off the high carb high sugar roller coaster with the Reset Kit. This is not a quick fix diet. Let me repeat that, this IS NOT a quick fix diet plan. The 5-day high fiber low glycemic cleanse is clinically designed to break the sugar addiction and help you begin a new healthier lifestyle. During those 5 days you will participate in 2 coaching sessions to create your wellness vision and learn to replace poor health supporting behaviors with new positive ones. Over the next 16 weeks together we break down old beliefs and create new beliefs and establish new healthy habits that will last a lifetime. This does take practice and discipline on your part to integrate the behavior change techniques I will teach you into your new life. Why 16 weeks? Well it took how long to create the habits you have now? Then it's going to take time and effort to create new ones that will last the rest of your life!

My job as a coach is to support you and teach the techniques but I will not tell you what you have to do. You are in the driver's seat on this one. I'm not going to tell you what you have to eat to lose weight or what kind of life you have to have to be happy. Deep down you already know that. My job is to work with you to uncover habits in your life that brought you to where you are in the first place. Then we work together to create solutions and strategies to replace those habits then overcome the barriers that we all face. I will hold you accountable to the goals you set, celebrate your achievements and support you through the set backs. In the end you will be armed and ready to face what life brings to new healthier happier you. This is not therapy and if it looks like you might need more than I can give you, I will tell you honestly. These sessions are based on behavior psychology principles and coaching technique but I am not a therapist and won't cross the line from coaching into treatment. But if you have reached a point in your life where you are seeking a long term solution to an unhealthy lifestyle, then call me and we will decide together if you are truly ready for a complete lifestyle overhaul!