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## My Health Story

Like you, I've struggled with my health over the course of my life.

I used to go to Target and have *two* frappuccinos during my shopping trip. Thinking back, that was just...so much sugar and caffeine. I was addicted to it. And predictably, my energy levels would crash later on. And crash *hard*. It was really unhealthy.

But now I'm grateful that I know many options for boosting my energy that don't involve the "crash"! One trick is finding the right replacements: I love finding something that tastes great...AND is actually good for me.

I've discovered that there are many ways to be healthy.

Of course, I'm human, too. I love junk food like the next person, but I aim for an 80/20 life: healthy living 80% of the time, and 20% when I need to be a regular human.

**Small steps lead to big change:** that's my coaching strategy -- for myself and others.

I can't change anyone. But I can make recommendations, suggestions, and provide motivation. I will meet you where you are and help you make those small changes that lead to big results.

It *is* possible to feel better. It's possible to live an energetic and active life. It's possible to be healthy!

I've done it. You can, too.

## My style

We'll start with wherever you are in your health journey. I practice client-centered coaching, which means you lead the conversation. Where are you starting and where do you want to be? That's what I'll help you achieve. My goal is to guide you, not talk you into something you don't need or aren't ready for.

I want to keep you in the optimal growth zone. We'll talk about your motivations and what is driving you to take action.

And on the tough days, I'll help you get back on track and adapt the programs to fit your life. If you want constructive criticism, I can give you that! I'll hold you accountable if that's what you ask for. But I never throw around guilt.

When we're talking, I'll be present and engaged. I observe, listen, and learn. I'll help you see how far you've come.

We'll work with your strengths to find the best path for you. We'll always be evaluating what's working and what's not so that I can help you overcome any obstacles in your way.

I'll walk the walk with you.

Because I've been where you are. And I'm still on the journey.

Contact me, and let's get started together.