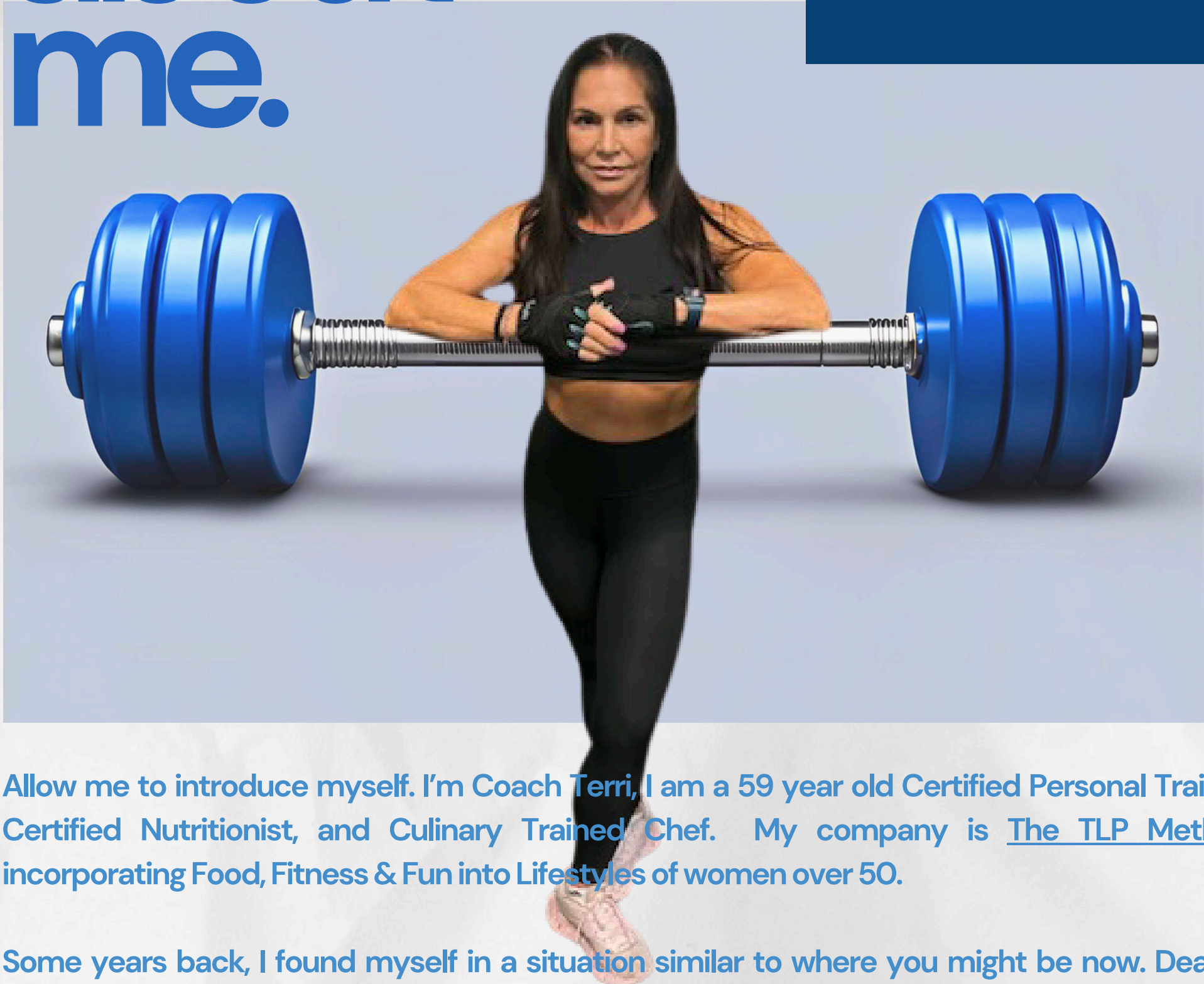
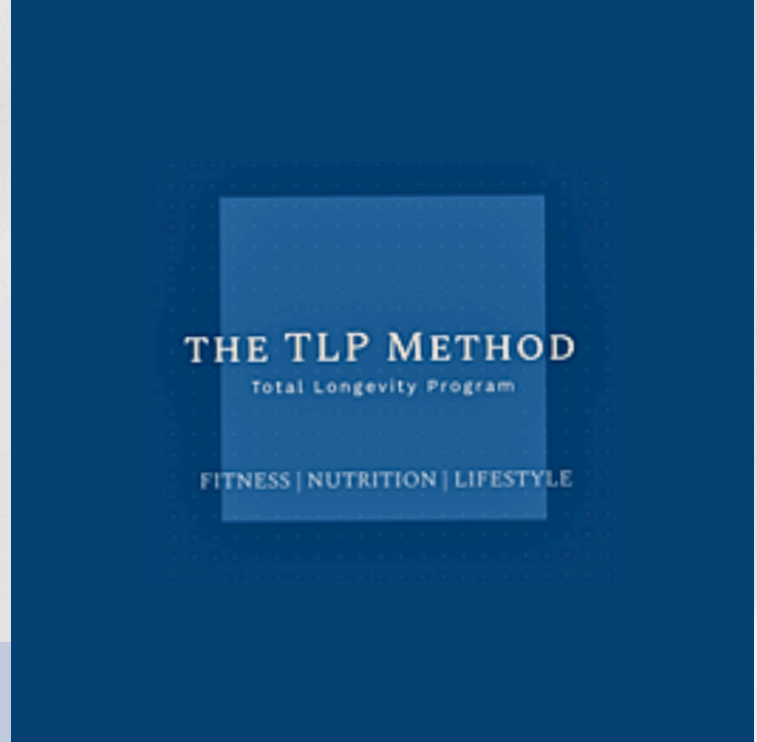


Coach Terri
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about me.



Allow me to introduce myself. I'm Coach Terri, I am a 59 year old Certified Personal Trainer, Certified Nutritionist, and Culinary Trained Chef. My company is The TLP Method incorporating Food, Fitness & Fun into Lifestyles of women over 50.

Some years back, I found myself in a situation similar to where you might be now. Dealing with significant weight gain post menopause, primarily in my midsection, was a challenge. Despite being a fitness enthusiast, I continually faced a fluctuation of 20 pounds through the years. However, I reached a turning point when I weighed in at 186 pounds during a doctor's visit. Even though I was running five days a week and maintaining what I believed to be a fairly healthy lifestyle, I was unaware of how much weight I had gained since I was avoiding scales.



That pivotal day prompted me to research and devise a plan to reclaim my body. Through trial and error, I successfully shed 60+ pounds by incorporating healthy eating habits and strength training into my routine and rebuilding my body inside and out. I became a Certified Trainer, Group Instructor, Nutritionist Coach & Macro Meal Planner.

I know firsthand the challenges and incredible rewards that come with committing to a healthier lifestyle at this stage in life. It's never too late to take charge and achieve your best self, both physically and mentally. Please join me in this journey!
Never use AGE as an EXCUSE!