

Sheila Keilty

As a Mind-Body Transformation Coach, Sheila's passion is partnering with women to break through the old barriers to lifelong health and wellness and empower them to build an effortless relationship with food and their bodies! Having been severely obese herself, Sheila knows what it is like to try and reboot your life and hope - one last time - to be able to try and be healthy again. But it IS possible!

"My goal is to reach out to women and inspire them to have a long health-span, not just a long lifespan!! There is absolutely no need to simply accept the compromised health futures that others set for you - at ANY age! It's never too late to Reboot. After all, the decisions we make today dictate the quality of all our tomorrows!"



Possible Interview Questions

- Is it *really* possible to have permanent weight loss?
- How is having a health coach different from other diet programs or books?
- Who is your ideal client? Are all of your clients overweight? Or are there other reasons someone would want to do *The Reboot*?
- How is your program different from other low-carb programs, like Keto or Paleo?
- If you could give just one piece of advice to someone trying to achieve better metabolic health, what would it be?

Interview Topics

- Healing Your Body with Food
- Why a "Glorious Gut" Is the Key to Lifelong Health and Wellness
- So Why IS Sugar So Toxic?
- Why Food Sourcing & Quality Matter
- Timing Is Everything: Intermittent Fasting for Women Over 50 for Health and Weight Loss
- How to Have a Lifelong, Effortless Relationship with Food
- IF vs Skipping Meals – What's the Difference?
- It's All in Your Head: The Mind-Body Health Connection
- Overcoming Food Obsession
- Transcending Willpower



Learn More About Sheila

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For a sample of podcasts Sheila has been a guest on, reach out.

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