



WELCOME!

This is the first issue of my newsletter series! (And it's not an April Fools joke haha). I created it as a way to share great information about health and nutrition outside of social media.

It's been tough to figure out the best way to communicate with current clients, potential clients, and the general public. Some people prefer Facebook, and some prefer Instagram. It can also be difficult to find a balance between having an online presence and marketing yourself, while also maintaining privacy and a healthy relationship with your phone/social media.

I recently decided to share a lot of the great information I come across on a daily basis in newsletter form. (I am also currently working on a private "clients only" page on my website to share specific and relevant information to my accountability coaching clients).

So thank you for taking the time to read this. Please feel free to share with anyone you think might be interested, and simply unsubscribe if you do not wish to

receive any further issues.

Please do yourselves a favor and watch this 15-minute TED talk about building better habits and how to stop dieting for good.

These are all principals my Accountability Coaching Clients learn about during my 12-Week Program. (Click on the image to the right to watch the video)



Dr. Darya Rose is the author of Foodist - one of my most favorite books. It's a no-nonsense and practical approach to healthy eating as a lifestyle and not a diet.

We share similar stories in the sense that she didn't experience dramatic weight loss either, to get to where she is today. Nonetheless, she (and I) learned the hard way to develop healthy habits as an expression of self-love, and not self-hatred. Read more here: [My Story](#)



Monthly Membership Option

I just added a new monthly-membership service. It is only available to those who have completed my 12-week program. It's a way for clients to maintain their success if they aren't ready to leave the program just yet. The cost is \$49/month, and can be cancelled at anytime.

Some Interesting Articles

[Upgrade your salads!](#)

[Health Benefits of Coffee](#)

[Measure Progress with Behaviour](#)



Health and nutrition websites worth checking out:

Found My Fitness

Darya Rose

Real Food Whole Life



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