



WhyPowered Health Coaching	Dieting
You drive your own change with accountability, support, realistic goals and inspiration	Prescriptive; someone tells you what to eat, how to exercise, etc.
Sustainable	95% failure rate
A way of eating. Fits in your lifestyle.	Dieter develops an ‘on-or-off’ mentality
Weight loss is steady and consistent. Typically 1 to 2 pounds weekly.	Speed of weight loss is often rapid, but quick to return when diet ends
Mindset shift is foundational, no gimmicks or quick fixes. Connect to deep reasons for change---your Why—instead of relying on willpower.	Most are focused on executional elements Eg. Eliminate food categories, fast during certain hours, etc.
Based in positivity and making healthier choices for oneself, moderation.	Based in negativity, deprivation, extreme states, shoulds and rules.
Tune-in to your body’s signals, move away from emotional and stress-driven eating	Tedious with points, weighing, measuring, calorie counting

[Book your free discovery call with Coach Gayle today!](#)