



Alice Greene

America's Healthy Lifestyle Coach

Author: *Inspired to Feel Good: Making health and fit choices so rewarding and liberating you never want to stop*

Feel Great in Your Body guidebook & audio

Feeling Great series of healthy lifestyle coaching guides

Co-Author: *Living Free with Type 2 Diabetes* guidebook & audio

Wake Up Women: Be Happy, Healthy & Wealthy

Blog: [Healthy Living Inside & Out](#)

Find me at: [Twitter \(FeelingGreat\)](#), [Facebook](#), [Linked In](#)

Alice is an expert in successfully changing people's lifestyle behaviors by changing the way they think and feel about food, fitness, their bodies and themselves. Her coaching approach gives people the tools, insights and strategies to easily and intuitively select healthier foods, activities and behaviors by choice rather than out of obligation. The result is long-term success in health, fitness and weight loss.

As America's Healthy Lifestyle Coach, she is leading the way in blending lifestyle behavioral change coaching techniques with the principles of exercise physiology, nutrition, emotional eating, intuitive eating and positive psychology to create and sustain a healthier way of living.

She is author of *Inspired to Feel Good: Making healthy and fit choices so rewarding and liberating you never want to stop*, *Feeling Great* healthy lifestyle coaching program guides, and *Feel Great in Your Body*. She is also co-author of *Living Free with Type 2 Diabetes* and *Wake Up Women: Be Happy, Healthy & Wealthy*. She is the former co-host of *Living Your Personal Best* radio show, co-developer of the Living Free Diabetes CD program, and host of Healthy Living Inside & Out blog.

It was her own journey to creating a healthy lifestyle, after burning out on a high-tech career and putting her health and fitness last for more than twenty years, that gave her insights about what was missing from all the diet and fitness programs. She discovered that the key to being a fitness and weight loss success story (now for 8 years) was not by adhering strictly to specific programs but by focusing on a positive vision, giving herself permission to choose activities and foods she enjoyed, setting more achievable goals at a moderate pace, being gentle and forgiving with herself, and focusing on how good she felt with each passing month rather than a number on the scale. In the process she became a success story and changed her attitude and perspective about healthy eating, exercise, her body and herself.

Alice is now 52. She is in the best shape of her life and living the life of her dreams by using the same coaching concepts she provides to her clients.