

# THE FIGHT AGAINST ADULT OBESITY

Why Dieting & Working Out is not the answer but the problem

## INTERVIEW QUESTIONS

for Alice Greene, America's Healthy Lifestyle Coach

[www.ahealthylifestyleworks.com](http://www.ahealthylifestyleworks.com)



1. What is the Fight Against Adult Obesity?
2. What do you propose is the solution to unhealthy adult obesity?
3. How did you go from a size 16 to a 6 and maintain it after turning 40?
4. How is a healthy lifestyle different from dieting and fitness programs?
5. Why do you believe dieting leads to obesity and poor health?
6. How can people eat healthier without feeling like they are on a diet?
7. How come it so easy to over eat, particularly at night?
8. Why does allowing “bad” foods curb cravings and food obsessions?
9. You believe working out undermines most people’s goals. Why is that?
10. How can exercise be easier and more enjoyable for those who hate to do it?
11. What is the secret for staying motivated and making fitness a way of life?
12. What about willpower? How can willpower kill your motivation, as you say it does?
13. You also claim, weighing yourself can lead to more weight gain. Explain that.
14. Share some tips for staying in control during holidays or vacation.
15. Tell us exactly what a healthy lifestyle coach does.

To schedule an interview  
Contact Alice: 978-465-3555  
[agreene@feelyourpersonalbest.com](mailto:agreene@feelyourpersonalbest.com)

