

THE SECRET TO MAINTAINING A HEALTHY LIFESTYLE

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

INTERVIEW QUESTIONS

for Alice Greene, America's Healthy Lifestyle Coach

www.ahealthylifestyleworks.com



1. What is a healthy lifestyle, and how is it different from dieting and fitness programs?
2. Why do people have such a hard time succeeding at making lifestyle changes?
3. How did you succeed at maintaining a healthy lifestyle after turning 40?
4. What about your obese clients who lost weight without surgery?
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. What is exercise resistance, and how do you overcome it?
11. How can exercise be easier and more enjoyable for those who hate to do it?
12. What is the secret for staying motivated and making fitness a way of life?
13. What about willpower? How can willpower kill your motivation, as
14. You also claim, weighing yourself can lead to more weight gain. Explain that.
15. Tell us exactly what a healthy lifestyle coach does.



To schedule an interview
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