

THE NEW SEXY – How to get it and keep it!

Why Dieting & Working Out is not the answer for most people

INTERVIEW QUESTIONS

for Alice Greene, America's Healthy Lifestyle Coach

www.ahealthylifestyleworks.com

1. What is the New Sexy? And who has it and who doesn't?
2. What is the real secret to getting and keeping a great and sexy body for life?
3. How did you go from a size 16 to a 4 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 self-esteem?
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. How can you conquer emotional eating or overeating?
9. Why does allowing "bad" foods curb cravings and food obsessions?
10. You believe working out undermines most people's goals. Why is that?
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. How can willpower kill your motivation, as you say it does?
14. Explain why weighing yourself can lead to more weight gain.
15. How does putting yourself first make it better for others in your life?
16. Tell us exactly what a healthy lifestyle coach does.



To schedule an interview
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