

Alice Greene
America's Healthy Lifestyle Coach
President, Feel Your Personal Best

Author

Inspired To Feel Good
Making Healthy & Fit Choices You Never Want to Stop
Feel Great In Your Body
What Really Works to Have the Body You Love

Co-Author

Living Free With Type 2 Diabetes
Wake Up Women: Be Happy, Healthy & Wealthy

Former Talk Show Host

Living Your Personal Best



Alice Greene frees men and women who feel helplessly overweight, out of shape and out of control with food, so they can feel great about their bodies and themselves. She transforms exercise wanna-bes into fitness enthusiasts, unsuccessful dieters into satisfied healthy eaters, and stressed perfectionists into relaxed achievers.

She teaches adults a simple 3-step process to identify what really keeps them from doing as they know they should or want, and how to turn self-sabotage into self-control, failure into success, and ambivalence into self-motivation. Her unique 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 coaching techniques with the principles of exercise, nutrition, emotional eating, mindful eating and positive psychology to create and sustain a happier, healthier and enjoyable way of living.

Alice knows what it takes to live a better life and the steps to successfully create and maintain a healthy lifestyle. Ten years ago she resolved to finally get fit, gain control over her weight, and leave the high-tech consulting firm she started and ran for sixteen years to get healthy and live a more balanced lifestyle. She became a success story, and the lessons she learned then and her work with clients since has become the basis of a whole new approach to healthy living that is sustainable.

Alice is now 53. 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.

Certifications

Intuitive & Emotional Eating Coach
Fitness by Phone® Coach
ACE® Personal Trainer
Dream Coach®

Training

Wellcoaches®
Lifestyle Fitness Coach

Graduate

University Minnesota BS Degree