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New Blog Addresses the Ins and Outs of Healthy Living

***Healthy Living Inside & Out* focuses on the issues related to creating healthier lifestyles**

Newburyport, MA, October 19, 2007 – Feel Your Personal Best president, Alice Greene, launches a new blog called Healthy Living Inside & Out (www.feelyourpersonalbest.com/blog). Her blog provides an inside perspective of what it takes to maintain a healthy lifestyle, looking at both the hidden issues seldom addressed in healthcare or the media and at the internal mental and emotional issues that make lifestyle changes so challenging.

“There is no longer any question that healthier lifestyles are the solution to chronic diseases, obesity and wellbeing,” says Alice Greene. “Yet the problem people have in creating and maintaining healthier habits is not being discussed, debated or well addressed by those who are writing blogs today.” Blogs written by healthcare experts, health editors, service providers, and weight loss practitioners are primarily focused on the latest research, news, technology, consumer options and personal stories. What is missing is the discussion and understanding on what it really takes to succeed at adopting healthy lifestyle habits for the long term.

“I see a need for a public forum that provides insight on the challenges of being sedentary, the reason it is hard to make lifestyle changes, and what works to successfully adopt new behavioral changes as a way of living.” Greene’s blog will take a hard look at what is needed and what is happening in today’s approach to healthy living.

About Feel Your Personal Best

Feel Your Personal Best is guiding organizations and individuals to achieve healthy lifestyle results. It specializes in healthy lifestyle coaching and self-paced guided programs, a new approach to helping people create healthy, fit and positive lifestyle choices. The company was founded in 2003 by Alice Greene and based on what she discovered was the answer to overcoming her personal health and fitness struggle to feel her best. It combines the power of behavioral change coaching techniques with the principles of exercise physiology, nutrition and intuitive eating. For more information visit: www.feelyourpersonalbest.com or call 978-465-3555.

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