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New Healthy Living Talk Radio Show

Living Your Personal Best Offers Women Place to Share Lifestyle Success Stories

Newburyport, MA, February 5, 2007 – President of Feel Your Personal Best co-hosts a talk radio show that gives women who have healthy lifestyle success stories a place to share their experiences and insights with others. The show, *Living Your Personal Best with Amy and Alice*, airs every Monday at 2pm ET on Internet radio and is available on all major podcasting sites including iTunes.

“People love success stories,” says Alice Greene, president of Feel Your Personal Best and co-host of *Living Your Personal Best with Amy and Alice*, “and they want to know what it really takes to achieve long term weight loss, fitness and health. Hearing first hand what it really took to achieve healthier habits as a way of life is the best way to get motivated and learn what works in the real world.” The show can be heard live or as replays at www.livingyourpersonalbest.com and can be downloaded at major podcast networks including iTunes, Pod-Planet, Podcast Alley, Podcasting News, The Pod Lounge, Women in Podcasting and Women’s Health and Fitness Podcast Directory.

The mission of the show is to change people’s mindset about taking care of themselves and facilitating a shift from “I can’t” into “I Can” thinking that leads to choosing a balanced healthier lifestyle for a higher quality of life. Alice Greene and her co-host, Amy Lundberg, president of Aim For it Fitness Coaching, are leading lifestyle fitness coaches and have teamed up to bring a fresh perspective to healthy living. “Our goal is to deliver inspiration, ah-ha insights and eye-opening approaches to self-care and healthier habits that gives our audience a new way to take charge of their lives in a positive, energizing way.”

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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