



Contact: Alice Greene
agreene@feelyourpersonalbest.com
978-465-3555 x5

Guided Healthy Living Series Endorsed by Wellcoaches

Series of Healthy Living coaching programs-in-a-guide are endorsed by standard-setting wellness, fitness and health coaching organization

Newburyport, MA, March 28, 2008 – Feel Your Personal Best, leader in healthy lifestyle coaching, announces a major endorsement by Wellcoaches Corporation of its series of self facilitated Healthy Living coaching programs. The series includes eleven health, fitness and wellness topics, including Healthier Eating, Getting Fit, Reducing Stress, Reducing Blood Sugars, Easier Menopause, and Giving Self Care.

The self-paced and self-guided healthy living program series offers a breakthrough in promoting healthy lifestyle behaviors and consumer-driven healthcare. They go beyond conventional guidelines and compliance-based goal setting for exercise, eating, weight loss and healthier habits, and address what is most critical to the success of adopting long term healthier lifestyle behaviors to reach individual goals.

“Healthy lifestyle coaching,” says Alice Greene, author of the series and president of Feel Your Personal Best, “gives people the insights and knowledge to change their minds and attitudes about healthy living, which increases their desire for making healthier choices. The Guided Healthy Living series offers a fresh perspective and a new way of approaching fitness and health that is self empowering and motivating enough to stick with healthier behaviors for long term success.” The guides also help people understand that healthy living is a way of life, not an exercise program, diet or resolution. This alone is a significant shift in thinking for people.

“These guides,” says Margaret Moore, founder and CEO of Wellcoaches, “are well designed to give people a roadmap and process for facilitating changes specific to health, fitness and wellness issues. Feel Your Personal Best has uniquely created a coaching resource that combines education, self-discovery, positive thinking and lifestyle guidance for self-facilitated behavioral change. This is particularly helpful for those who don’t have access to certified health or wellness coaches.”

About Wellcoaches

Wellcoaches Corporation (www.wellcoaches.com) is a leader setting the gold standard in the new professions of health coach, fitness coach, and wellness coach. Since September 2002, Wellcoaches has provided coach training primarily via distance teleclass programs to more than 2800 physical and mental health professionals as health, fitness, and wellness coaches in the past five years. Wellcoaches, Lippincott Williams & Wilkins, and the ACSM are publishing the Coaching Psychology Manual.

Wellcoaches provides the services of certified wellness coaches to consumers, corporations and health-clubs. Coaching sessions are conducted by telephone or in person, weekly or as needed. Wellcoaches also conducts research studies on coaching outcomes.

About Feel Your Personal Best

Feel Your Personal Best (FYPB) is guiding organizations and individuals to achieve healthy lifestyle results. FYPB specializes in healthy lifestyle coaching and self-paced guided programs, a new approach to helping people create healthy, fit and positive lifestyles. The company was founded in 2003 by Alice Greene, based on what she discovered was the answer to overcoming her own personal health and fitness struggle to feel her best.

The vision for Feel Your Personal Best addresses what is missing in current fitness, nutrition and wellness programs. It combines the power of behavioral change coaching techniques with the principles of exercise physiology, nutrition, emotional eating and dream fulfillment. For more information visit: www.feelyourpersonalbest.com or call 978-465-3555.

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