

Alice Greene

America's Healthy Lifestyle Coach



"Alice has brilliantly identified three simple steps to change how you approach your food and fitness to give you confidence and control to enjoy your life and feel good about yourself."

— Diana Lipson-Burge RD
from the endorsement of
Inspired to Feel Good

Presentations

TALKS

Why Can't I Get Myself to Eat Right? The 3 Steps to Becoming a Normal Eater

Why is it so hard to be in control around food or make healthy food choices? You can know what to do but still overeat and find yourself eating things you know aren't healthy. Why is that? Why can't you control yourself or do as you know you should? Alice Greene will reveal what really drives your behavior and why this is still such a struggle for most people. She will explain the 8 common reasons for uncontrolled eating, and she'll provide a simple 3-step technique to normal eating.

(Food Freedom workshop preview)

Why Can't I Get Myself to Exercise? The 3 Steps to Becoming Active

You know exercise is important, and you've probably tried to get into a fitness routine you can stick with more than once. Yet something stops you and keeps you from getting back on track. Why is that? What do you need to be successful? Alice Greene will discuss what really sabotages good intentions and how to create self-motivation and enthusiasm for being active as a way of living. She will explain the 8 common obstacles to exercise that are not always obvious and a simple 3-step technique to address them. *(Exercise Freedom workshop preview)*

Multi-Week WORKSHOPS

Food Freedom: How to be a normal healthy eater

Master portions, self-control and healthy choices. Learn and apply the techniques that really work to stop emotional eating, self-sabotage and feeling out of control with food. Get taught a simple 3-step process to identify your own unique eating triggers, develop food strategies that work in your life, and naturally gravitate to healthier foods by choice. You can be a normal, healthy and intuitive eater and finally be free of the struggle to be good around food.

Exercise Freedom: How to love being active & staying fit

Feel good in your body, and discover a whole new way to approach fitness you will actually enjoy and look forward to. Learn and apply the techniques that will help you get started and stay on track. Use a simple 3-step process to select activities, set achievable goals, keep yourself motivated, and create strategies to overcome self-sabotage, manage priorities and continue on despite frequent derailments. You can enjoy being active and you may even discover a passion for fitness. Many people do, even those who have never been active or who have hated exercise.

Alice Greene • 978-465-3555 • 888-243-1737 (toll free) • agreene@feelyourpersonalbest.com

INSPIRED TO FEEL GOOD

**Making healthy and fit choices
so rewarding and liberating
you never want to stop**

Conquer Emotional & Over Eating
Choose Satisfying Healthy Foods
Overcome Exercise Resistance
Enjoy Being Active & Fit



**FREE
AUDIO!**
How To Stay
Motivated

ALICE GREENE

Inspiring people to make positive lifestyle changes.

About Alice

Alice Greene offers a refreshing and eye-opening approach to talking about healthy eating, active fitness and feeling good.

Her own weight and health struggles are a story everyone can relate to. She overcame them by creating a healthy lifestyle and transitioning from a high-tech career to pursue a new passion that came from learning how to become a weight loss and fitness success story.

She is more than a role model for her audiences. She provides a unique perspective on how to make lifestyle changes that are rewarding, liberating and realistic.

She provides an inside-out view into healthy living that helps people see how they can reframe their situations, change their mindset, and envision themselves at their best. She inspires people to take action by showing them an easier, more enjoyable way of being in control with food, staying motivated to be active and being a priority.

Alice is an authority on creating healthy lifestyles that feel so good physically, mentally and emotionally it becomes easy and natural to choose healthier behaviors. Her specialty is in overcoming exercise resistance, conquering emotional and overeating, intuitive eating, active fitness, self-care and reclaiming self-love and self-confidence.

She is author of *Inspired to Feel Good: Making healthy and fit choices so rewarding and liberating you never want to stop* and co-author of top-10 bestseller *Wake Up Women: Be Happy, Healthy & Wealthy*. She has also authored several e-books, including *Feel Great in Your Body*. And she has developed a series of healthy lifestyle coaching programs in guidebook format.

Alice was the former co-host of the talk radio show *Living Your Personal Best* for a number of years that featured guests with healthy lifestyle success stories. And she was co-creator of the *Living Free with Diabetes* audio program for managing and preventing diabetes.

Testimonials

"The insights you gave our group about the secrets to feeling great were inspiring and thought provoking. I got very positive feedback from the group."

Christin Walth

- *The Junior League of Boston*

"Alice presented a new and much needed perspective to eating challenges for our patients. She gave her presentations with compassion, inspiration and specific steps to success which many of our patients found extremely helpful in reaching and maintaining their goals. We look forward to having her back again."

Sheryl Singer

- *Health Educator, UCSD Weight Management Program*

"Alice touches her audience in a heart-felt engaging manner that makes it easy for them to hear her message and act on it. At my spa retreat program, she shared a whole new way of thinking about food and eating that was eye opening and empowering."

Marcia Wieder

- *CEO/Founder, Dream Coach University Inc.*

"Our group enjoyed your presentation so much they want to know when you can come back. They found your talk eye-opening, thought provoking, informative and very helpful. It hit the mark and many of our members still find themselves thinking about what you said. Thank you for speaking to our group."

MA TOPS (Take Off Pounds Sensibly)

"We loved having Alice speak at our luncheon meeting and hope to have her back. She brings a fresh perspective to eating challenges that every woman can relate to. She also has the gift of connecting with her audience, offering ah-ha insights and giving people something of value when they leave. I highly recommend her."

Janet Powers,

- *Massachusetts Managing Director, eWomen Network*