

# Meet Alice Greene

America's Healthy Lifestyle Coach



You can know what to do, and still not be able to get yourself to make healthy food choices, be in control around food, exercise or take good care of yourself. Alice Greene understands the struggle personally and professionally. She is a behavioral change coach counselor, specializing in eating issues, active fitness and self-care, the key components of healthy living.

Alice has transformed the way thousands of adults approach healthy eating, physical activity and weight loss by changing the way they think and feel about food, exercise, their bodies and themselves.

Using her simple 3-step methodology, Alice's clients have overcome self-sabotage, gained self-control and achieved self-motivation to live an active healthy lifestyle – even after years of yo-yo dieting, on-and-off exercising and repeated weight gain. She teaches adults a simple way to eat well, be active and make healthier choices that's easy and feels good to maintain in their daily lives.

Alice is an expert in emotional eating, bingeing, food addictions and over eating, as well as exercise motivation, self-care and positive living. She is unique in the way she is blending the techniques of lifestyle coaching with the principles of exercise physiology, nutrition, emotional eating, intuitive eating and positive psychology to create and sustain a healthier way of life.

Alice is also a 12-year health, fitness and weight loss success story with her own history of frequent dieting, yo-yo exercising and poor self-care. So she knows how hard it is to succeed and what it takes to finally break free of the inner resistance and habitual unhealthy patterns.

She is author of *Inspired to Feel Good: Making healthy and fit choices so rewarding and liberating you never want to stop*, **Feeling Great** healthy lifestyle coaching program guides, and **Feel Great in Your Body**. She is also co-author of **Living Free with Type 2 Diabetes** and **Wake Up Women: Be Happy, Healthy & Wealthy**. And she is the former co-host of **Living Your Personal Best** radio show, co-developer of the Living Free Diabetes CD program, and host of the **Healthy Living Inside & Out** blog.

Alice is now 55. She is in the best shape of her life by using the same coaching concepts she provides to her clients.

Sample chapters of her book *Inspired to Feel Good* are available to download at [www.feelyourpersonalbest.com](http://www.feelyourpersonalbest.com)

**Healthy Living Coach Counselor**  
**Founder**  
**Feel Your Personal Best**

#### **Certifications**

**Intuitive Eating®**

**& Emotional Eating Coach**

**Fitness by Phone® Master Coach**

**ACE® Personal Trainer**

**Dream Coach®**

#### **Completed Training**

**Wellcoaches® Wellness Coach**

**Spencer Institute®**

**Lifestyle Fitness Coach**

#### **Graduate**

**University of Minnesota BS Degree**