

# Feeling Great

about your body & yourself

Every day!

## You Can....

Eat Normally  
Be in Control Around Food  
Stop Emotional Eating  
Control Food Addictions

Be Motivated to Exercise  
Enjoy Being Active  
Create a Routine You'll Keep  
Maintain Weight Loss

Reduce Your Stress  
Make Yourself a Priority  
Take Better Care of Yourself



## If You Struggle...

### With Regular Exercising:

For any one of these reasons...

- Undisciplined or unmotivated
- Find exercise boring, unpleasant, a chore
- Have a history of starting and quitting
- Not been able to make the time
- Been sedentary for a long time
- Out of shape or poor level of fitness
- Feel stuck, derailed, ambivalent
- Don't know how to start or make progress
- Easily winded, breathless
- Have low energy, poor stamina, tiredness
- Have lots of aches, pains, stiffness
- Concerned about past or possible injury
- Uncomfortable being seen in gym or pool

### With Food Choices & Control

For any one of these challenges...

- Night time overeating
- Cravings, bingeing, addictions
- Indulging when eating out, traveling
- Emotional, comfort, stress or secret eating
- Feeling out of control, can't say no or stop
- Yo-yo dieting or diet-binge roller coaster
- Shopping, planning or preparing healthy foods
- Unsure of what healthy balanced eating is
- Don't get enough vegetables
- Don't drink enough water
- Drink too much soda or alcohol
- Give in to holiday treats, junk food
- Have unhealthy relationship with food
- Concerned have to give up favorite foods

### With Taking Care of Your Needs:

For any one of these reasons...

- Low self-confidence, low self-esteem
- Putting everything and everyone first, self last
- Stressed, busy, overworking, not a priority
- Feel undeserving, unworthy, bad, guilty
- Unmotivated, powerless, helpless
- Overweight, unhappy, unhealthy
- Beating self up, giving up, feeling like failure

## Finally Have Success

### Get Help to:

Make healthy choices and create an active lifestyle that feels so good you never want to stop.

Finally...

Master self motivation  
Overcome self sabotage  
Enjoy feeling successful, in shape & in control with the  
The Freedom Approach to  
Healthy Eating, Regular Exercise,  
Weight Loss & Positive Living

### You Really Can...

#### ENJOY BECOMING REGULARLY ACTIVE & FIT

Find activities that fit your personal style  
Create strategies for making time  
Become self motivated  
Be able and want to do more  
Easily exercise regularly  
Develop improvement strategies  
Get back on track after derailments



#### EAT WELL WITH SATISFACTION & CONTROL

Overcome cravings, bingeing, addictions  
Identify what is driving unhealthy choices  
Create strategies to be in control with food  
Pick healthier foods that are satisfying  
Get help with planning and preparation  
Get control of portions and snacking  
Eat your favorite foods in moderation



#### LOVE & TREAT YOURSELF WELL

Create ways to reduce your stress  
Learn how to make yourself a priority  
Stop self criticism and making excuses  
Turn failures into opportunities and strategies  
Identify your needs and how to get them met  
Overcome judgment, perfectionism and shame  
Realize self-acceptance and self-worth

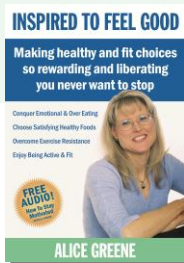
# Eating, Exercise & Self-Care Counseling

## GEARING UP TO CHANGE

If you are curious, not quite ready to make a change or want to learn more to see if this is right for you:

Get free sample chapters of the Book: **Inspired to Feel Good**  
**Making healthy & fit choices you don't want to stop**  
and  
A Free breakthrough strategy session with Alice

Go to [www.FeelYourPersonalBest.com](http://www.FeelYourPersonalBest.com)



## GETTING STARTED & ON TRACK

If you are ready to get started, options include:

Workshop programs

Private Counseling Sessions by phone

Eating  
Exercise  
Self-Care

- pricing depends on # of topics

Contact Alice for details  
[agreene@feelyourpersonalbest.com](mailto:agreene@feelyourpersonalbest.com)



## STAYING ON TRACK

Bi-monthly or Monthly - Private Sessions  
and Support Groups

Feel Great in Your Body .....  
ebook/audio/journal (order on website)



## GETTING BACK ON TRACK

Refresher - Private Session

## REVISING YOUR TRACK

Fitness Program Update - Private Session

# Alice Greene

Eating, Exercise & Self-Care Coach Counselor

When people meet me they assume I am lucky because I am thin. But the truth is I had to change my lifestyle to get where I am today. I grew up fat and experienced the endless humiliation that came along with that. I've done diets, had gym memberships, bought exercise equipment and hired personal trainers. Nothing lasted. I was an exercise avoider and dieter with food and stress issues. But twelve years ago I found the answer, and it wasn't a better diet or fitness program. It was a change in mindset about food, exercise and taking care of myself.

The answer lies in discovering what feels best to you, what you enjoy, what keeps you motivated and what is really sabotaging your good intentions and personal goals. There is always a good reason for why you struggle with food or fitness, and it is seldom what you've been told or think. I know how to help you resolve the issues that keep you stuck and how to more easily achieve long-term success.

You have probably struggled with food and getting fit for years. It doesn't have to be that hard. It can be enjoyable, flexible and incorporated into a balanced lifestyle that feels really good right from the start and is easy to maintain.

Eating & exercise counseling helps you resolve eating and exercise issues, from the inside out. And healthy lifestyle coaching provides the education, guidance and support you need to create and maintain a healthy diet, regular fitness and self care in your daily life. This will help you create a way of living that leaves you feeling good every day.

I am certified in emotional and intuitive eating and in exercise physiology. I have completed coaching programs in wellness, fitness and lifestyle fitness.

And I have helped hundreds of clients successfully change their lifestyles, bodies and mindset.

I am now in my mid 50s and in the best shape of my life. You can be too!

Alice



Alice Greene  
12-year success:  
health, fitness &  
weight loss

Learn more at:  
[www.FeelYourPersonalBest.com](http://www.FeelYourPersonalBest.com)

# Testimonials

"Alice, Thank you! You have provided me with a simple way to enjoy eating healthier foods without having to give up what I love. I now easily stop eating before I get full and am more satisfied with each meal. I also understand what it takes to keep me motivated to exercise regularly and how to get back on track if I ever get derailed again." – Shann Vander Leek

"I have really enjoyed doing the program. I have lost weight, and I am now feeling better and more focused. It has helped me figure out what I want to do and gotten me on track with my fitness and eating goals. It works, and it has given me some new tools that will help me the rest of my life. I now recommend it to my patients." – Dr Bob Videyko

"I no longer eat with anxiety. I've struggled with food for years and felt hopeless. Now I eat what I want in balance, without overeating or having cravings and obsessions. This is an amazing program that is giving me freedom." – Deb Smith

"My goal was to get my blood pressure and cholesterol down to avoid medications. I am very pleased with the results and continue to make more progress each week. It's been a wonderful experience and a life saver." – Ellis Wilkins

"This program was just what I was looking for, and it was surprisingly simple and easy to do. It gave me the confidence that I can eat with control without depriving myself. Now food and meals are no longer an issue for me." – Christine Dwyer

"I have Type II diabetes, and I am amazed how quickly my glucose levels dropped and got under control by just walking regularly and changing my diet. Alice has helped me to get moving, be consistent, and reduce my insulin dosage." – Peter Patch

"Who could imagine that something as simple as changing one's mindset could have such a profound impact? I used to think I was weak and had no willpower; now I feel truly empowered to make choices that work for me. I'm more active and enjoying healthy foods. It feels good." – Maureen Willey

"I already knew about nutrition, diet and exercise, but this allows all that to be used in a lifestyle way with greater trust in oneself. This approach is the missing piece. What is so different about this program is that the focus is on making choices that best serve me instead of trying to measure up to a structure and feeling judged for how well I did." – Barbara Swartz

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