

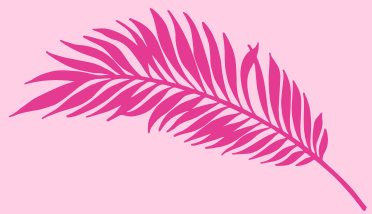


*Pink Palm
Weight Loss
Program!*

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**Whew! Finally, a tailored program for YOU,
my menopausal woman to get rid of stubborn
belly fat for good.**

DISCOVER MORE



The ultimate wellness coaching program to transform your body, mind, and soul.

Are you ready to wear that bathing suit on the beach again and feel confident?



DOES THIS SOUND FAMILIAR...

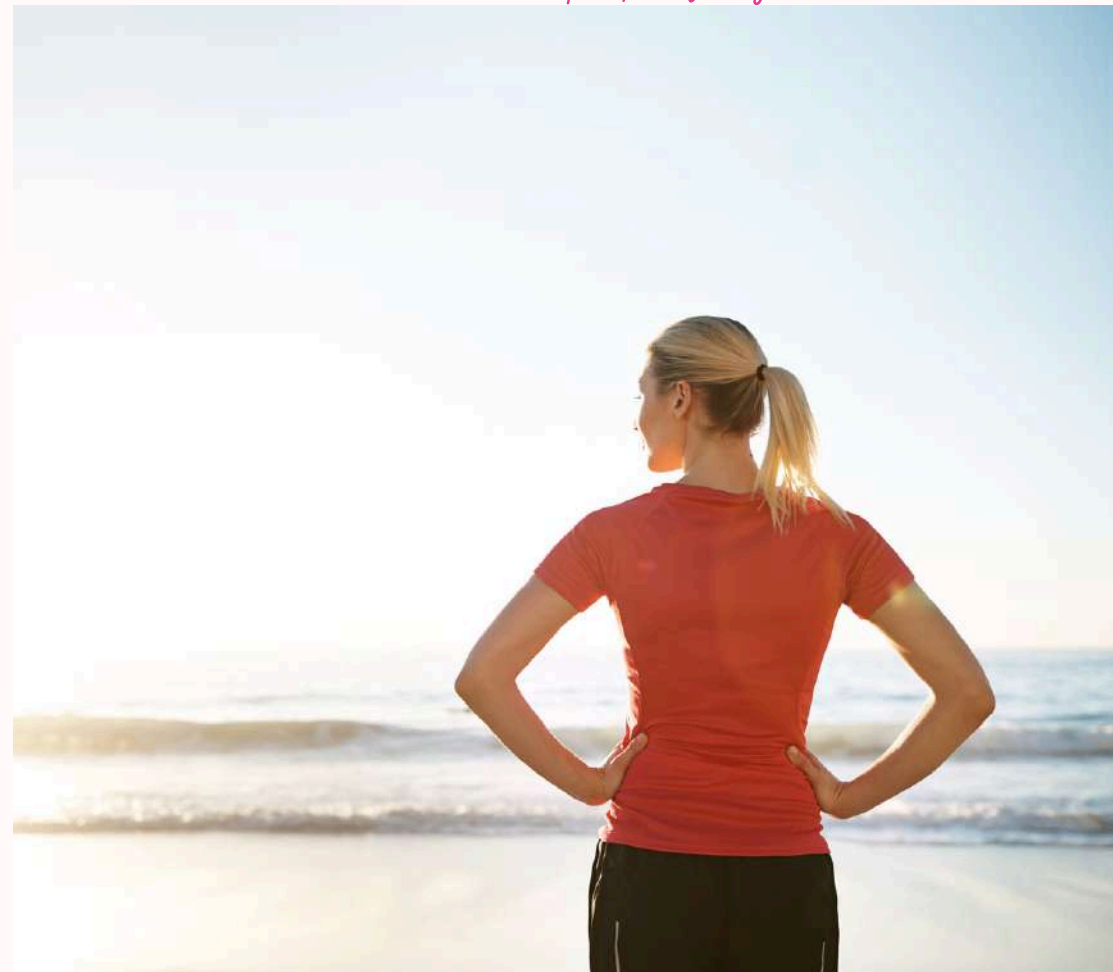
- You're struggling with exhaustion and overwhelm in your daily life
- You're fed up with all the "fad diet" promises that never live up to your hopes
- You have no idea where to start with creating real change in your wellbeing
- You're done with restrictive diets that make you feel like you're starving
- You know it's time to make you a priority...but you don't know where to start



IT'S TIME TO GO FROM FRUSTRATED TO... *Fabulous*

IMAGINE BEING ABLE TO...

- enjoy your food and take pleasure in healthy, nourishing meals
- be rid of those HOT FLASHES
- have more energy than ever
- fit into your old clothes
- have a pleasurable lifestyle that includes delicious food
- wake up every day feeling in love with your body & your life
- shed the "some day" mentality. No more fatigue, guilt, and shame to wear a bathing suit



Introducing

PINK PALM WEIGHT LOSS PROGRAM: A 90-DAY WELLNESS COACHING EXPERIENCE TO TURN YOUR FRUSTRATION & FATIGUE INTO YOUR HEALTHIEST LIFE EVER.



HERE'S HOW IT WORKS...

The core of my Pink Palm Weight Loss Program is for you to get rid of that belly fat and sustain your weight loss and optimal health goals specific to you. Combining nutrition, fitness, and mental well-being for sustainable results. Addressing the unique challenges of menopause, our program is customized to your specific needs with 12 steps.

Everything is taken care of.

I provide you with all the tools and strategies you need to become the healthiest version of you...and I'll be right by your side, guiding you every step of the way.

*****Plus, you'll get lifetime access to all the materials*****

THIS PROGRAM IS FOR YOU IF:

- you're committed, and ready to finally achieve your weight and optimal health goals.
- you're finished with restrictive, complicated diets that make you feel like you're constantly starving.
- you're ready to have more energy.

THIS PROGRAM IS NOT FOR YOU IF:

- you're not ready to commit to a healthier lifestyle.
- you prefer quick fixes over sustainable solutions.
- you're not prepared to embrace gradual, consistent progress over time.





YOUR JOURNEY TO WELLNESS, PINK PALM STYLE

Journaling and Wheel of Wellness: we'll be getting started by setting you up with some foundational habits (like journaling!) and also taking stock of your starting point.

Nutritional Fundamentals: whole fresh food nutrition concepts to give you an understanding in the best way to nourish and fuel your body.

Stress: your mood, your skin, your digestive system, your metabolism, your immune system is affected by stress ... so we will implement strategies to improve these areas.

Hormones 101: we're going to talk about the hormones that have the greatest effect on our weight—not to mention our mood and happiness.

Body Image and Weight Loss: customized strategies for losing weight ... but it's important that we do this from a place of self-love (not self-loathing). That's why in this module — before we get into the nitty-gritty of weight loss — we're going to start with some work on body image and self love.

Food and Mood: we're going to explore the connection between food and mood. Mood influences our eating behavior...but also, food can affect our mood! We will implement specific strategies to help you curb emotional eating and eat more mindfully.

Sleep & Health: you'll learn about many of the things that can affect the quality of our sleep, and more importantly: what you can do about it.

Movement & Active Living: customize strategies for making exercise a habit and creating a plan that works for you and your lifestyle.

Self Care: we'll implement a structured plan that you're going to be able to properly care for your very being.

Relationships & Social Wellness: we're going to consider strategies for building supportive relationships and strengthening your sense of community.

Happiness: In this module we're going to look at the happiness-health connection, and I'm going to give you a number of strategies to boost happiness in your life.

Celebrate & Plan Your Next Chapter: Now is your time to reflect and celebrate!

Bring your most vibrant, energetic & healthiest self to the world. By the end of this program, you will...

- have lost up to 23 lbs. and lost that belly fat
- feel calmer, happier, and more in tune with yourself
- know exactly how to eat, to easily maintain your dream weight (for the long-term)
- want to take those full body pictures
- achieve the sort of calm wellbeing you hadn't even known was possible
- have transformed your daily routines and rituals to support the best possible version of yourself
- know that you have made changes to help you preventing disease and extend your life
- enjoy more sunshine and being outside without worrying about somebody looking at you

THEN I INVITE YOU TO JOIN ME IN THIS LIFE-CHANGING PROGRAM.

**READY TO BECOME THE HEALTHIEST,
MOST VIBRANT VERSION OF YOURSELF?**

Let's talk about whether this program is a good fit for you!

[BOOK A DISCOVERY CALL](#)