

# *Weight Wellness...for You!*

*Is an obsession with your weight or weight loss affecting your health?*

*If you are struggling with your weight or weight-related health issues...*

*Health Coaching can support you to develop:*

- *The optimal nutrition plan for you*
  - *One you can live with*
- *An appropriate fitness plan*
  - *Tailored for you*
- *Strategies to overcome the challenges sabotaging your best efforts*



*As a professional Health Coach, I can help you finally achieve your weight and wellness goals despite life's present challenges*

*Start truly managing your weight and proactively improving your health by calling 331-457-7661 to schedule your complimentary, no-risk coaching session*

*[www.SummersSolstice.com](http://www.SummersSolstice.com)*