

MAKE PEACE WITH FOOD AND YOUR BODY

When you look in the mirror, are you happy with what you see? Too often we give in to self-criticism, resorting to fad diets or restrictive rules to adjust our eating habits; but a healthy life doesn't mean excessive diet and exercise – and it doesn't mean depriving yourself. Through my Intuitive Eating program, I help you improve your relationship with food and your body and make a lasting lifestyle change so you can experience *freedom and peace*.



What you'll learn:

- **How to identify and address your own eating habits.** Whether you're an emotional binge eater, serial dieter, or eat simply because the food is in front of you, I can help you understand your eating habits. This is a vital step towards beginning your transformation; if you don't understand where you're starting, it's easy to revert back to old thinking and eating habits in times of stress, sadness, or other negative emotions!
- **Tips for becoming an intuitive eater.** After you open yourself to the possibility of intuitive eating, you'll walk away with the tools to change your lifestyle, not just your diet. By gaining awareness of why you eat, honoring your hunger and fullness, increasing options to cope with your emotions, and learning to love your body – you'll find that your outlook on food and your relationship with yourself begins to transform.

How does it work?

In this 90-day program, we'll meet for 50-minutes once a week to address your relationship with food, your body, and any other areas of life keeping you stuck in diet culture and hating your body.

- **Individual Coaching:** Because each and every client I work with has their own unique needs, I work with you to create a personalized plan. Your plan will include your favorite foods, help you discover what foods leave you satisfied, and teach you to learn how to accept that sometimes, it's okay to indulge. Instead of focusing on a strict diet with rules around what you can and can't eat, you'll learn how to reshape your mindset around food and work towards a sustainable healthy lifestyle. We'll discuss your personal challenges and goals and build a plan that revolves around what's right for your body and your life.
- **Mindset Transformation:** By shifting your mindset, you'll begin to take control of the triggers that cause things like emotional eating and begin to shift your focus from "good" and "bad" foods to those which actually make you feel healthy, happy, and energized.
- **Support and Accountability:** To get out of your current rut and make true change, there are three things you need: the right program, a support system, and accountability. You can try all the programs in the world, but none of them will work if they aren't personalized to your specific needs. I never judge or criticize; I'm here to help you personalize your program, to support you when you need encouragement, and to give you "tough love" when necessary.

If you're done dieting and tired of having a love/hate relationship with food and your body, the Intuitive Eating program is a great way to begin your journey to a healthy relationship with food, inner peace, and self-acceptance. If you're ready to take the plunge, email me at kelli@riseupandlivewellness.com.

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