

Health Coaching

No one diet works for everyone

Working together, Lisa and you will discover the food choices that best support you and your body's unique needs. Making gradual, lifelong changes enables you to reach your current and future health goals.

Welcome to your personalized program

Your personalized program will radically improve your nutrition and lifestyle. Together you will explore concerns specific to you and your body and discover tools you need for a lifetime of balance.

Work with Lisa one-on-one to help you:

- make your diet an integral part of your fitness goals
- improve your eating habits
- understand your body better
- make self-care a priority
- feel confident choosing and preparing better food for you and your family

During the course of the customized program you will:

- set and accomplish goals
- explore new foods
- understand and reduce cravings
- increase energy
- feel better in your body
- improve confidence

Your unique program includes:

- Two, 50-minute one-on-one sessions per month
- E-mail support between sessions
- Informative handouts and support materials
- Recipes that are healthy and simple to prepare

How to get started

It's rare for anyone to get an hour to work on improving their nutritional health with a trained professional. Schedule an initial Health Discovery Consult to discuss your unique situation and determine how Lisa can help you reach your personal goals. Lisa will create a supportive environment while exploring what really works for you.

Don't delay

To see if health coaching is right for you, contact Lisa at lisaverdejo.tsc@gmail.com or 571.334.6077 to schedule your Health Discovery Consult. During this time, you will discuss your health and lifestyle to determine how Lisa can best support you in achieving your personal goals. The 50-minute Consult is \$80.

Group Detoxes

Are your pants a little tighter these days? Is your skin acting up? Do you have less energy than you would like? Do you find yourself craving sugar, carbs and all kinds of junk food?

Detoxes can be a really great tool to fine-tune your eating habits and to help you upgrade your health. Lisa runs a 5-day whole foods detox seasonally to help members feel better, have more energy, and reset their food and lifestyle habits.

Join Lisa for her next simple and fun group detox, so you can re-set your eating habits, focus on eating healthy whole foods, and learn how to feed your body what it really wants (without giving up real food!).

Work with Lisa in a detox group to help you:

- Totally re-set your eating habits so you can get back on track with your health goals
- Curb your sugar and carb cravings and stop eating the junk that has snuck into your regular diet
- Enjoy a whole-foods based cleanse with lots of support and yummy recipes - there's no eating only cabbage soup here
- Learn how to really feed your body so you have radiant health and energy, rather than relying on caffeine and energy drinks

This group detox program includes:

- Done-for-you detox guide which tells you exactly what to do and when
- Direct support from Lisa via an online virtual support forum
- Meal plan and recipes that will make sure your 5-Day Detox is a success
- A pre-detox training call, no physical meeting required!

How to get started

Program runs for a limited time. Detox dates will be posted and emailed to Club members seasonally. Enroll directly with Lisa by email lisaverdejo.tsc@gmail.com or 571.334.6077. Don't delay, as spaces are limited and these detoxes have been very popular. The Detox Fee is \$97.

Group Health Coaching

Lose Weight - Feel Great! - A group coaching series to help you lose the fat, the healthy way, for your unique body.

Lisa hosts group health coaching so you can feel lighter, fit better in your clothes and improve your health. This series of group coaching sessions will give you the simple yet powerful tools to lose weight for the long-term. The group format provides additional support and promises to be upbeat!

Work with Lisa in a coaching group to help you:

- Learn what to eat to lose weight sustainably
- Understand how certain foods impact the body
- Free yourself of counting calories
- Satisfy your hunger and improve your energy

This group coaching program includes:

- An education program that focuses on real, whole foods
- Inspiration to live a healthier lifestyle
- Select recipes and support materials aligned with class topic
- A proven process for those who want to take action

How to get started

Contact Lisa directly at lisaverdejo.tsc@gmail.com or 571.334.6077 to be added to the next group coaching program waiting list. She will share the next class schedule and fee and confirm full classes with you.