

A lifestyle Journey

A note from Dina

Isn't it fun when you meet someone for the first time and you feel that you have known them for your whole life? Your energies are on the same wavelength and you feel a higher connection, knowing that something greater than coincidence has brought you together?

Well that is how I felt when I met Jess a couple of weeks ago at a networking event. Jess is a beautiful, lively, driven and talented young woman in her 30s who recently lost her job after 15 years, is now a full-time student and in pursuit of a new job. Like everyone else, with a full agenda on her plate, Jess quickly became overwhelmed and realized that she was neglecting herself to a point where she started wondering "to what extent was her poor health affecting her energy and her pursuit to happiness"?

Realizing that she had to start making some big changes in her diet and lifestyle, Jess approached me and asked me if I would be interested in coaching her and guiding her towards her journey to optimal health. I was thrilled to have the chance and privilege to work with her as I could see her drive and motivation and was obviously not afraid to admit that she needed help. She later shared with me that 2 years ago, she had had Gastric Lap Band surgery and while she had lost 62lbs to date, she knew that she had lost her focus that had originally lead her to the surgery. Unsure of the right choices of what to eat and with the time constraints, day in and day out she was succumbing to fast food and TV dinners. Jess knew that her body was out of whack; her weight still out of balance and her erratic sleep pattern was draining away the last little bits of energy she had left.

With a substantial amount of weight still to lose, for months she was trapped in her own habits and confusion, knowing that she needed help but unsure of "what kind of help" would actually pay off.

When the two of us met and talked for a few minutes it became clear to her that working with a coach was just what she needed. Some extra help and support, that extra little nudge and motivation to get her focused again and accountable in making the right choices and keeping her eye on the ball, when her health and self care was concerned.

As we embark on this partnership, Jess and I are both excited about the work and challenge ahead of us. I feel privileged to work with her and be her nutrition & lifestyle coach and she is thrilled and encouraged knowing that she has someone who will stand by her and walk with her side by side along the peaks and valleys of her journey.

Jess Shultzaberger is also one of the 10 people that were featured in the Plain Dealer this past Sunday and her journey will be captured on her blogs online at <http://blog.cleveland.com/fighting-fat-jess/index.html>.

We would like to invite you to join us, follow along and support Jess in her journey to a healthy self!

To your health,

Dina

Ps. If you are like Jess and are tired of being tired, ready for a fresh new start and a new approach to food and wellness consider joining Our Next Group Nutrition Program, The Healthy and Fit Blueprint; How to Lose the last 5-15 lbs. Naturally and Explode your Energy in just 8 weeks. More information on the website

<http://www.anew-wellness.com/programs-group.html>