

ARE YOU TIRED OF THE WAY YOU LOOK?

If you are truly tired
of your physical
appearance,
**what are you
willing to do to
change it?**

Are you willing to
learn the 'secrets' to
dropping fat?

Are you willing to
set realistic goals
and stick to
your plan?



WHY HIRE COACH NADINE?



How do you learn best?

What kind of support do you
want to have on your
fat-loss journey?

If you are a person who desires to acquire new
knowledge, the tools and support to last a lifetime,
**hiring a coach is an empowering choice
to make for yourself!**

Call now for your **FREE** consultation.
Nation-wide service is available.
970.443.2541 • www.coachnadine.com



CERTIFIED NUTRITION SPECIALIST NCSF CERTIFIED PERSONAL TRAINER BLOOD TYPE BIOMETRICS PRACTITIONER NATUROPATH (natural doctor)

Doctor Nadine, a motivational speaker, published author,
cancer survivor and natural bodybuilder, has released 74
pounds from her own physique and teaches you how
to work with *your* body to turbo-charge your metabolism
while you burn the fat and keep your muscle.

A coach for all levels and genre of people, Doctor Nadine
has taught a variety of programs, including:

Personal Nutrition • Sports Nutrition
Sports Psychology
Weight Lifting/ Bodybuilding

Coach Nadine is a complete "Stand for Excellence"
trainer and empowers her clients to:

**Be the very best they can be ...
Always and 'in all ways.'**

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Creating
RESULTS

CONTACT Dr NADINE

for all levels and goals
970.443.2541 • www.coachnadine.com
or e-mail: nadine@coachnadine.com

Creating
RESULTS



NUTRITION SPECIALIST The foundation of your results



PERSONAL TRAINER For all levels and goals

NATUROPATH Overall Wellness Inside Out



The PHASES

IN-DEPTH DIET ANALYSIS

This *one-time* event reveals *key* information on whether your body is currently receiving the *correct nutrients* in *adequate amounts* to **NOURISH** and **HEAL** your body.

The detailed analysis includes information on the hormones *Insulin* and *Glucagon* as well as possible lifestyle/dietary *recommendations* that may be incorporated to achieve increased vitality, improved quality of life and overall well-being.

STABILIZING

My job is to teach you how to *stabilize* your body with *healthy* foods and educate about the *correct mix* and *types* of foods your body needs for optimal performance.

This is a process of *change*. We will lay the *foundation* for your fat-loss program, turn your metabolism on and *burn food as fuel* rather than store as fat.

Stabilization is about regaining *internal balance* and *taking ownership* of your health and wellness.



BURN FAT

This is a time for huge *personal growth* and *dramatic shifts* in your body.

You can anticipate releasing *up to 2 pounds of fat* per week. The desire is to drop fat, not water or muscle.

Learning to set *realistic goals* and *boundaries* is embraced during this phase of the program.

MAINTENANCE

We shift into the process of *maintaining* this lifestyle once you achieve your fat-loss/wellness goals. By this time, you will have created the *foundation* of **LIFESTYLE** Changes to Last a **LIFETIME**!

For more information, visit:
www.coachnadine.com/fatburn.php

YOU WILL LEARN TO:

- Understand the difference between fat loss and weight loss to see **it is a process, not a quick fix.**
- Set realistic goals** with realistic timelines.
- Select foods** that enhance your fat loss efforts.
- Turbo charge your metabolism** to burn fat around the clock.

Take ownership of your program, increase positive self talk and love your body.

Call on your **support system**.

And much, much more...

The RESULTS

Each program has individual results and is in progress...

BEFORE



AMY

BEFORE



MARCIA

JULIE



BEFORE

FRANCES



BEFORE