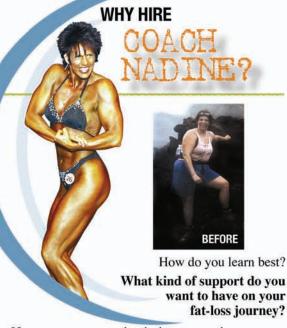
ARE YOU TIRED OF THE WAY YOU LOOK?

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?





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)

tor Nadine a motivational speaker public

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 <u>your</u> 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.'

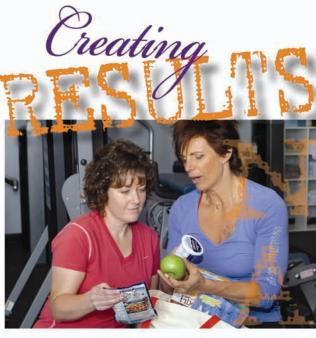
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CONTACT Dr NADINE

for all levels and goals

970.443.2541 • www.coachnadine.com
or e-mail: nadine@coachnadine.com



NUTRITION SPECIALIST

The foundation of your results



PERSONAL TRAINER

For all levels and goals

NATUROPATH
Overall Wellness Inside Out



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

Design by Kate Wyman • Photos by Steve Stoner

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...

