

Why Dieting And Working Out is Not the Answer For Most People And often makes them fat and unhealthy

INTERVIEW QUESTIONS

for Alice Greene, America's Healthy Lifestyle Coach

www.ahealthylifestyleworks.com



1. How did you go from a size 16 to a 4 and maintain it the last 8 years after turning 40?
2. What's the difference between a healthy diet and other diets?
3. Why do you believe dieting leads to obesity and poor health?
4. How come it so easy to over eat, particularly at night?
5. What is the best way to stop bingeing or obsessing about food?
6. Why does eating "bad" foods curb your cravings for them?
7. You believe working out undermines most people's goals. How can you say that?
8. What type of exercising does work then?
9. Most people struggle with sticking with their new routines. What is the secret?
10. What about willpower? How can willpower kill your motivation, as you say it does?
11. You also claim, weighing yourself can lead to more weight gain. Explain that.
12. You've worked with obese clients who succeeded to lose weight without surgery. What worked for them?
13. Do you have any specific tips for getting through the holidays?
14. Before you go, tell us exactly what a healthy lifestyle coach does.

To schedule an interview
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