

Why Dieting And Working Out is Not the Answer For Most People

And often makes them fat and unhealthy

Weight loss success story, healthy lifestyle expert and best selling author Alice Greene explains...

Why people struggle to reach their weight loss and fitness goals despite all the dieting and fitness programs available, and the real secrets to long-term success.

Invite Alice to stir up debate when she shares:

- How dieting leads to obesity and poor health
- The one way dieting can be used to achieve success
- How to tell a healthy diet from an unhealthy one
- Why working out can undermine your fitness goals
- How weighing yourself can lead to more weight gain
- How willpower kills your motivation
- What slim people know that frees them to eat normally
- 3 simple ways to change your mindset and be like them
- The real reasons people overeat, particularly at night
- How eating forbidden foods will curb your cravings
- The truth about exercise that makes it easy & fun to do
- How to stay motivated and stick with new behaviors
- Ways to stay in control and on track through the holidays
- The real secret to getting and keeping a great body

As Alice will explain, the struggle with weight loss isn't due to a lack of enough diet and fitness experts, programs or reality shows. In fact, they are often a big part of the problem. They create diet and exercise rules only a minority can live with. Worse, they focus on what you should do, not how to solve the underlying subconscious beliefs and emotions that are at the heart of why people struggle to make healthy or fit choices.

The majority of your listeners beat themselves up for not being able to fully comply with their diet and fitness programs, but maybe they have valid reasons worth understanding. They also carry mental and emotional baggage about food, fitness, their bodies and themselves that subconsciously sabotage their ability to reach their goals or stay on track.

The way to breakthrough the barriers to success is by breaking the experts' rules, focusing on a healthier, confidence-building approach, and addressing hidden baggage that drive behaviors.

Alice will share with your listeners the HOW TO secrets in creating a healthy and fit lifestyle they can thrive on for long-term results, instead of more yo-yo dieting and exercising dogma they can't stick with or succeed at.

Alice Greene

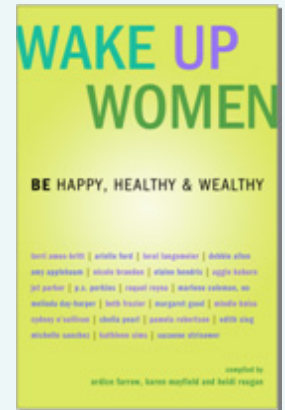
America's Healthy Lifestyle Coach

Author: Inspired to Feel Good

Co-author of best seller: Wake Up Women

Former Internet talk radio show co-host for Living Your Personal Best

8-year weight loss & fitness success story



Inspired to Feel Good is available at

www.aHealthyLifestyleWorks.com

Both books can also be found at

www.feelyourpersonalbest.com

Shocking Facts:

- 40% of Americans between 40-59 years old are obese (34% of those over 20 are obese)
 - 17% of school-aged kids are obese
 - Obesity rates have doubled since 1980, the first year low-fat dieting was promoted by MDs, media, government & the food industry
 - More men and women have dieted in the past 25 years than ever before in history
 - 45% of women, 25% of men are on a diet today
 - 95% of dieters will regain the weight they lost
 - 35% of dieters will progress to eating disorders
 - Emotional eating can lead to eating disorders
 - 78% Americans don't reach activity guidelines
 - 25% are completely sedentary
 - 76% increase in adult type 2 diabetes since 1990
- Clearly, what has been recommended isn't working!

Alice Greene is available for interview

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