

What I am NOT...

I believe that we need to be honest with each other right from the start. If either of us keep the truth from the other throughout this process, neither of us will benefit. Any and all relationships need to be based on trust and this relationship is NO different. If you do not want to tell me the truth about something, say you are uncomfortable discussing it and we will approach it when you are ready.

I am NOT a Doctor or a Psychiatrist

I will NOT prescribe anything to you other than movement, healthier consumption patterns, motivation, effort and fun! You should already have a Doctor and they should know about you wanting to start this journey with me.

I will NOT attempt to diagnose you and I am definitely not here to solve anything outside my scope of training.

I will recommend TRAINED PROFESSIONALS in this area if desired.

I am NOT a Dietitian

Dietitians are incredibly trained and educated for complex dietary needs. I start you with a Dietitian approved program and assist you to make healthier decisions relating to YOUR goals. I am a Certified Nutrition Coach, that is much different.

I am NOT One-Dimensional

I am NOT a beginner or an athlete and I do not see you as one either. I see YOU as YOU and will design YOUR individualized program together with YOU, for YOU.

I am NOT the reason for YOUR success or failure

YOU ARE. I will NOT do this for you but I WILL be right beside YOU, along YOUR journey, if YOU want.

I am NOT perfect

Like all of us, I do and will make mistakes. What I can do is promise to continually learn and attempt to be better tomorrow, then I was today.

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Not ready for one-on-one development? That's completely understandable but NO reason not to gain MOTIVATION, EDUCATION and SUPPORT!!! Join our NEW Facebook page and gain the information you may need to finally achieve your desired GOALS.

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