



WHAT IS A NUTRITION COACH?

- It's the person who inspires change that lasts in people who need it most
- It's making the RIGHT changes that lead to lasting results
- The kindest thing you can do for your mind and body
- Someone who leads you along the path to success
- The person who can help you achieve the goals you thought you couldn't reach
- The difference between wanting something and having something
- Stop hoping and start doing
- Part cheerleader, part head coach
- Inspirer of change
- Master of nutrition knowledge
- Master of human behavior
- Holds your hand, walks by your side
- Question poser, problem solver
- Can tell you what you need to hear, even if it isn't what you want to hear
- Ever the optimist
- Willing to see you as an individual
- Supports your goals to live in the body and mind that make you happy and whole
- Makes change easy
- Holds you accountable to fulfill your dreams
- Helps you do the things you know you should be doing
- Helps you discover the things you didn't know you should be doing
- Creates a plan of healthy habits
- Inspires growth in every one they touch
- Pioneer in health and wellness
- An amazing listener, an outstanding teacher
- Helps you honor your body
- Starves your doubts, feeds your soul
- An investor in your health
- A lifetime of positive energy
- A healing guide
- The leader of your journey to your most nutritious life
- A knowledge resource