

Free New Subscriber Info-Page—Welcome to the Tribe!
You'll receive weekly health & wellness quotes in your inbox every Friday.



Are you new to coaching?

Coaching assumes that YOU, the client, are inventive, effective, resourceful, and strong. Moving to the next level in any area of your life can be facilitated by powerful questions, goal-setting, small habit changes, and accountability. Coach Terry would like to help you achieve your goals through phone coaching in the areas of weight management and nutrition.

Weight Management

Your satisfaction with what you see in the mirror every day can affect your life in many ways. If you are dissatisfied with that image, you may be considering making some changes to your weight—either up or down.

Weight management takes in elements of your sleep, your movement, your levels of stress, and, of course, the fuel that you take in to energize your body.

As we meet together, we will consider how all of these elements work together—or maybe aren't working together!—in your life. Then we will discuss what small changes you think you could make each week to move you closer towards your goal. You are in the driver's seat and I will be alongside to help you make the journey.



Healthy Nutrition Lifestyle

Just as fuel helps you arrive at a destination in your car, the fuel of healthy nutrition will help you achieve your weight management and healthy lifestyle goals. Coach Terry will help you consider different types of nutrition lifestyles so you are able to decide what will work best for you. Remember, it's all about you and seeking your best self!



You CAN do it!

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A Veteran- and
Woman-Owned Small Business



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PERSONAL COMPARISON FACT SHEET

Most "Off-the-Shelf" Diets	Steps to Transform Your Weight 90-Day Program
I'm on nearly the same diet as everyone else that bought this book/video/subscription	This Program is tailored to me and my needs
I'm getting a short term "fix" for short-term weight loss	I'm working with my personal Coach to develop a vision for lifetime weight management
My mindset is deprivation	My mindset is foods that give me energy
I follow a strict list of foods that are "allowed"	I enjoy mindful eating of a wide range of healthy foods
I do what the diet plan says	I'm learning to listen to my body's signals around food and movement
My eating patterns are difficult to sustain	My eating patterns honor my body's hunger and fullness levels
I think to myself: There's always another "diet"	I think to myself: I'm developing a healthy lifestyle that lasts
I set myself up for failure with unrealistic goals fueled by unrealistic habits	I set myself up for success with realistic goals fueled by lasting habit change
I can't wait to stop—to get "off"—this diet	I am practicing healthy nutrition habit changes that will last me for life
I focus on the food, the numbers, and the rules	I focus on life balance to help me manage my stress and my weight
I feel bad if the numbers on the scale don't go down at the weigh-in meetings	I am learning how to move myself forward in a positive way to get off a weight-loss plateau
Food is the enemy of my body and weight	I am building a healthy relationship between my body and food
I have a negative body image based on a number	I have a positive body image based on my truth

To schedule your FREE Breakthrough Consultation now, go to:

<https://Calendly.com/healthcoachterry/60min>