



Unlock your healthy potential.

What do you want to work on?

- Mood
- Energy
- Stress
- Sleep
- Sugar cravings
- Overeating
- Weight gain
- Body image
- Motivation

Clients Say:

"After years of strict dieting, I thought I had tried everything. You showed me there is still more to learn. **I was finally able to enjoy eating s'mores with my family,**" - KR

"Honestly, I didn't want to do this, the accountability piece, but it has really made a difference. **I feel great.**" - KL

About Your Coach

Heather Bowen Ray

- ✓ PN Level 1 Certified Nutrition Coach.
- ✓ MS, Johns Hopkins University.
- ✓ Personal experience losing 40 pounds and keeping it off.



Heather coaches clients to build healthy habits, improve nutrition, and achieve personal goals. Her work is built on an extensive communications career and personal experience with successful weight loss and maintenance, working with behavioral experts, psychologists, personal trainers, nutritionists, and holistic wellness pros.

She supports amazing men and women who are looking for support to live a more vibrant, energetic, and full life.

What could committing to a season of change do for you?

LET'S DO THIS.

Manage stress and avoid burnout.  
Carve out time for self-care and reboot.  
Unlock your healthy potential and reclaim your LIFE.



# Deep Dive Program

## 3 Months of Healthy Habits Coaching

Where could you be in a season? Work side-by-side for three months with a trained coach who has your back. Get critical support and accountability to achieve key results.

### Month 1 Focus: PHYSICAL ACTION PLAN

Assess needs and set goals. Jumpstart change by focusing on "lynchpin habits" to create a movement routine.

### Month 2 Focus: NUTRITION

Analyze what's working for you and against you. Target specific objectives and troubleshoot behaviors.

### Month 3 Focus: MINDSET

Use new mental processes to achieve your goals and create sustainable change. Escape the f\*ck it mindset for good.

### ENROLLING NOW

12 Weeks of Custom Coaching: \$650 (\$875 value)

\*\*\* Try it risk free: 100% Money Back Guarantee\*\*\*

Call or text Heather now for your FREE CONSULTATION:  
202-329-1974



www.thehabitwhisperer.com