



**Coaching benefits:**

- Feel less tired.
- Feel better about yourself.
- Reconnect to your sources of joy.
- Socialize with confidence.
- Address what is not working.
- Find sustainable, healthy solutions.
- Overcome the "F\*ck-It" mental trap.

**Current clients say:**

"This has made a difference in my life, especially this time of year. I am more inspired to be active, make less excuses, and not being down on myself if I do indulge... This seems to be exactly what I need." - CC

"I love the weekly sessions and the inventive ideas to trigger thoughts and changes..." - AM

"I really like the blend from different aspects of wellness (fitness, nutrition, mindfulness). You are weaving things together for me in a way I haven't considered before." – KR

**About Your Coach**

**Heather Bowen Ray**

Experienced coaching clients on healthy habits and personal growth.

Personal experience with successful weight loss and maintenance, losing 40 pounds working with behavioral experts, psychologists, personal trainers, nutritionists, and holistic wellness professionals.

Master's degree, Johns Hopkins University.  
PN Level 1 Certified Nutrition Coach.

Big fan of belly laughs.



[www.thehabitswhisperer.com](http://www.thehabitswhisperer.com)

We all struggle with emotional eating and finding the time and energy to workout. Ready to do something about it?

# Blast through Inertia!

## Now Enrolling

**Week 1. ASSESS**

Discuss goals. Explore next-level solutions. What's working and what's NOT?

**Week 2. FOCUS ON HABITS**

Bring focus and energy to your life. Let go of limiting beliefs and activities.

**Week 3. CHECK ATTITUDE & GRATITUDE**

What stories are you telling yourself? Develop more useful narratives. Target specific habits and make technical changes.

**Week 4. OVERCOME BARRIERS**

Who and what might be holding you back? Where can you get more support? Develop a clear vision for your life.

**Week 5. FINE TUNE**

Examine what needs fine-tuning. What steps can you take to best serve your health goals? Create a plan.

**ENROLLING NOW**

Sign up for a 5-week custom coaching program to increase your energy levels and develop healthier habits.

## Energy Boost Coaching

**Cost: \$220** (Limited time only; \$375 value.)

### It's your LIFE.

What could improving your health and fitness levels really do for you?

Let's find out.

Contact Heather now for your **FREE CONSULTATION:**

Phone: 202-329-1974

Email: [heatherbowenray@gmail.com](mailto:heatherbowenray@gmail.com).

