

Health Coaching that Fits You Perfectly.



Check out these personalized coaching options and get what you want.

Finally make peace with your desire to live a healthier lifestyle through **personalized, diet-agnostic, agenda-free nutritional coaching**. If you are tired of worrying about your fitness level while shortcuts & quick fixes fail you, it's time to invest in lasting change.

Blast through Inertia

Ready to break a bad habit or form a new one?

5 weeks is enough time to:

- Break through a plateau.
- Make a critical, visible "small win."
- Get the ball rolling again.

Deep Dive

Want to go deeper?

3 months is enough time to:

- Improve your mindset, nutrition, and body.
- Get through a rough patch.
- Reach a specific, seasonal goal.

A Full Year of Nutrition Coaching

Ready to go all in?

One year is a proven amount of time to:

- Seriously affect how you approach stress.
- Truly improve your health and wellbeing.
- Feel completely confident and content in your body.
- Overcome the inevitable bumps in life.

Create-your-own program

My coaching is flexible like that. Give yourself the time and permission to reach the level of health you desire.

Ready to do something? Call/text Heather today for a free, 15-minute, initial consultation: 202-329-1974.

Yes, it really works.

Coaching can help you:

- Eat better
- Get more active
- Relax without guilt
- Sleep easier
- Ditch the food rules and fads
- Let go of nutritional confusion
- Lose weight / body fat
- Gain confidence and strength

Clients say:

"Finally **cracked the inertia.**" – MB

"I'm down **5 pounds** in the first 5 weeks." – JK

- JK

"**This has made a difference in my life.**" CC

"I feel great." – KL

Meet your personal #1 fan

Heather Bowen Ray

- ✓ Client-centered.
- ✓ Certified Nutrition Coach (PN Level 1).
- ✓ MS, Johns Hopkins University.
- ✓ Personal experience losing 40 pounds and keeping it off.
- ✓ Taps into a support team of academic and behavioral experts, psychologists, personal trainers, nutritionists, and holistic wellness pros that suit your needs.
- ✓ Supports amazing men and women who are looking for support and tools to live a more vibrant, energetic, and full life.



What could committing to your desired healthy lifestyle do for you?
LET'S DO THIS.

www.thehabitswhisperer.com

