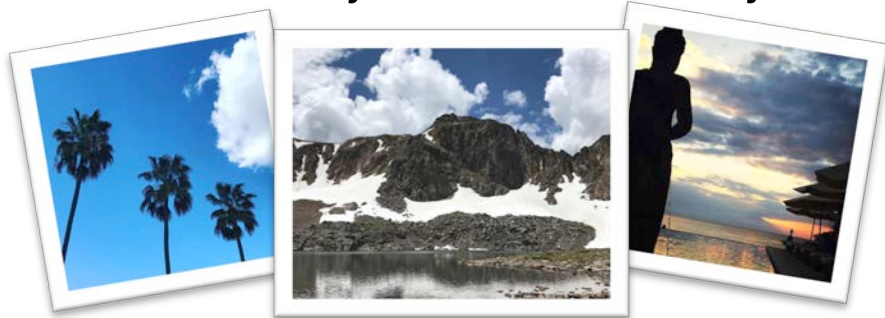


Feeling stuck, yet ready for change?

Hello, Future.

Decide where you want to be in a year.



Make peace with your body, make peace with food, and live a healthy lifestyle as you define it through personalized, diet-agnostic, agenda-free nutritional coaching.

Now is the time to:

- Eat better, without dieting or feeling deprived.
- Build fitness into your life, without it taking over.
- Ditch the food rules, drop the fad diets and conflicting advice.
- Achieve, and maintain, your goals, even when life gets busy or throws you a curve ball.

Are you tired of spending too much time figuring out what to eat—or regretting what you have already eaten—while continually looking for shortcuts & quick fixes? It's time to invest in lasting change. Give yourself the time and permission you need to take care of yourself.

Starting this year, you will:

- Gain energy, vitality, and stamina reaching your goals
- Lose the fat you haven't been able to shed for years.
- Build physical strength and confidence in your body.
- Gain mental confidence, to share your gifts and talents.
- Let go of food confusion, learn what to do, how to do it.
- Get off the fad diet roller coaster once and for all, and never look back.

Do your future self a favor. Commit now to living your best life. This is where real and lasting change happens.

ENROLLING NOW.

Call/text Heather today for a free, 15-minute initial consultation:
202-329-1974.



What Clients Say

"Finally cracked the inertia." – MB

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

"This has made a difference in my life... This seems to be exactly what I need." - CC

"My arms and abs are stronger and look more toned." – KK

"I feel great." – KL

About Your Coach

Heather Bowen Ray

- ✓ Client-centered personal champion.
- ✓ Certified Nutrition Coach (PN Level 1).
- ✓ MS, Johns Hopkins University.
- ✓ Personal experience losing 40+ pounds and keeping it off.
- ✓ Collaborates with behavior change experts in academic and professional settings.
- ✓ 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 a year of change do for you?
LET'S DO THIS.



www.thehabitswhisperer.com