

# **Welcome to the My Body, My Way!**

**A programme to empower you to feel good in your body, in time for summer! The 'side effects' are looking great, having more energy and feeling happier!**

**For women who are over trying soooo hard to look good in order to feel good, who feel crappy when they look in the mirror and overwhelmed by how to find the right way to wellness.**

**It's time to do health and fitness a different way - your way.**

**This is for you if you are**

- **Sick of 'being good' and it's ok for a while but nothing works long term. I hear ya.**
- **Feeling crappy for not exercising because you just can't force yourself to one more boot camp/run/soul-less gym session....**
- **Overwhelmed with all the diets and plans out there. How the hell to know which one is right for you? Vegan? Low Carb? Paleo?! Aaaghh!**
- **Only seeing your wobbly bits when you look in the mirror and it makes you more depressed. Why is it all so difficult????**

**It's not your fault. You have been trying to fit yourself into a square hole my friend. When you are a round peg.**

**There is hope. No forcing, pushing or depriving needed!**

**What we're going to do together, is to tune into what your body really desires.**

**It's smarter than you think!**

**You absolutely can be fit and healthy and lose weight in the way that is exactly right for you.**

**And I'll show you how it can be FUN too! Yes, I mean proper enjoyable! No more gritting your teeth forcing down foods you don't like or white-knuckling your way to health and fitness!**

**Sound good?!**

**WHAT'S COVERED:**

**PRE-WORK:**

- ★ Learn the energy process which will help you allow your body to speak up for what it really desires, what will nourish and energise you

**Session 1: What the f@ck do I eat??**

**Instead of following Ella or Gwyneth or going vegan, paleo or whatever everyone else is doing, because you think you SHOULD, we're going to tune into what your heart is crying out for.**

You're actually your own best guru. By tapping into your own inner wisdom, you can pick up on what's most nourishing and right for you.

Together, we'll discover the best foods for you to eat, the ones you should avoid and the right WAY for you to eat, **so that you don't ever have to second guess what's the best 'diet' for you again!**

You'll learn to eat 'from your heart' in a way that is really satisfying AND energising.

## **Session 2: Ultimate self care. How to start loving yourself right here, right now, exactly as you are!**

**How your thoughts and emotions impact on your wellness! How to deal with emotional eating, self sabotage and mind gremlins. And start properly treating yourself with love and respect.**

If you've been doing lots of yo-yo dieting, waiting for that time when you are 'mythical size x', you've probably got a subconscious "*I'm not good enough*" message going on, or other mind gremlins telling you you're no good or some such rubbish. These can sabotage all your best efforts, so it's time to **learn how to deal with them lovingly so that they no longer wreck your success.** And instead of stuffing your emotions down with food, I'll show you how you can change your mood in minutes, so your emotions aren't controlling what and when you eat. How cool is that?!

## **Session 3: Get your groove on!**

**How does your body love to move? What is exactly right for you to be doing right now, in your body and your lifestyle?**

Tune into why you want to be fitter and healthier and realise what that REALLY means for you, other than just looking good. What will change in your life when you've got this new health and fitness goal?

We can then discover what is getting in the way of your success and start to **release blocks and limitations which are stopping you from feeling and looking good.**

**Find out what, when and how it's best for your body to move, in a way that makes you feel so good, you can't wait to do it!**

Are you ready to feel empowered and to take your health and fitness into your own hands to discover what's right for you??

**The programme will be delivered via 3 separate live training sessions and aided by a private support group, where you can ask your questions and get support from me during, and for the 2 weeks after, the programme.**

*All training will be delivered online via Zoom, so you can attend from anywhere. Each session will be recorded, and the link will be sent within 24 hours so you will have unlimited access to the replay.*

Please email me to get on the waiting list for the next round:  
fiona@thelifereboot.co.uk

**YOUR INVESTMENT FOR MY BODY, MY WAY IS £99**

**Click the link below to join...**

<http://www.paypal.me/lifereboot/99>

**PRE-WORK Learning about energy:**

Access to this digital training will be once payment is received.

**Any questions please email me -fiona@thelifereboot.co.uk**