



HOLIDAY SURVIVAL GUIDE



WELCOME!

Hi Friend!

I am so happy you are here! The holiday season is approaching and most of us are in a state of panic when we should be enjoying the merriest time of the year with family & friends! I was that person to get super stressed & overwhelmed with finding the perfect gifts, going to ALL the parties, & making excuses to eat all the cookies! I would feel overwhelmed mentally & physically and felt there was no way out of the crazy cycle of parties, sweet treats, & mashed potatoes. So I decided that it was time to make some major changes for my mind & body.

I was always tired and bloated after indulging at holiday dinners or the office cocktail party, and let's not even mention the weight gain. It really put a damper on what should have been a time to celebrate and have fun.

It wasn't until years later that I discovered simple strategies to make it through the holiday season without the stress eating and inevitable tummy troubles and extra pounds.

Imagine this...

You make it through the entire holiday season without the stress, overwhelm, bloating, fatigue or weight gain.

It is possible. I know because I developed a plan to make it through the holidays feeling less stress mentally & physically.

This plan has solutions for you whether you're tempted by grandma's homemade pie at your family get-together, struggling to keep your cocktail intake in check at parties, or wondering what to eat if you're traveling and on the go.

I am here to walk you step-by-step through, what I call, “how to make it work in the real world when temptation is everywhere.”

We are NOT talking about deprivation during the holidays. Instead, I want to give you approachable ideas to help you enjoy the sweetness in life without counting calories.

Don't worry though, that beautiful, black party dress or the bathing suit you bought for your holiday vacation will still fit.

This Holiday Survival Guide includes my best tips for maintaining your weight, de-bloating after meals and handling stress this holiday season.

PLUS, I've given you a 4-day Post-Holiday Healthy Reset Plan with meals and tips to help you get back on track after a night (or few) of indulgence.

BEFORE WE BEGIN

SET YOUR INTENTION FOR THIS HOLIDAY SEASON

Setting an intention is a powerful way to stay accountable and on track this holiday season. It will help you stay present and open minded about the tips & techniques I'm sharing to help you find balance & flow in your life.

Adopting healthy habits and feeling great is a much easier task when you have the right support, system, and accountability so I want to invite you to book a complimentary breakthrough session where I will be supporting you through a healthy holiday season and beyond. In this 50 min session we will set your intention and I will give you the right system, support, & accountability so you are guaranteed success during the chaotic holiday season!

In this 1:1 breakthrough session you will have access to me, as well as the tips, strategies, and recipes I'm always sharing. I want to make your experience as effective as possible. Come prepared to ask questions to make the most of our time together. All questions are welcome.

THE HOLIDAY SURVIVAL GUIDE

WHOOOPS, YOU DID IT AGAIN?

YOU SAID TO YOURSELF, “THIS MEAL WILL BE DIFFERENT” OR “AT THIS PARTY I WILL NOT EAT _____.”

But, it happened anyway, and then you woke up the next day with a raging headache and bags under your eyes. Maybe you're like me and feel all of the above when you try just a teeny, weeny bite of that chocolate cake (hello, wheat belly... ugh).

I've learned (through a lot of trial and error) that the holidays don't have to be a rollercoaster of bingeing on treats and regretting it the next day. I've learned how to maintain my health (and my waistline) while still having a blast during this time of celebration.

I became a health & wellness coach because I want to teach you how to do the same thing. I want you to have real strategies and solutions for life that still allow you to have fun.

I have studied over 100 dietary theories and had a chance to learn under renowned experts in nutrition and wellness such as Andrew Weil, MD; Arthur Agatston, MD; Barry Sears, PhD; Mark Hyman, MD; Geneen Roth, and Deepak Chopra.

As a wellness coach, I focus on creating a healthy mind/ body connection through holistic nutrition, stress management, & small lifestyle shifts. I teach

people how to slow down when they eat, be mindful of stress and understand what foods to put on their plate to nourish their body.

In this guide I am taking you through a simple, step-by-step plan that will take the worry out of the parties and the stressful holidays so you can sit back and enjoy the season.

This is NOT about depriving yourself of all the treats and special meals. I'm giving you a plan of action that will allow you to enjoy that small piece of pumpkin pie or chocolate cake without beating yourself up or feeling like a blimp the following day.

WHEN DO YOU GET TEMPTED?

Before we jump into my tips and strategies for staying healthy during the holidays, it's important to take a look at your triggers and understand when you feel tempted to overdo it with food.

Take note of the situations that you will be in this holiday season and bring awareness to your temptations. Here are some examples:

- Attending a cocktail party or a wedding
- The cake at the office party makes your mouth water
- When you're watching TV
- Cookies and chocolate being delivered to the house for the holidays
- Bringing treats to your kid's school
- Preparing food for a party you're throwing
- Family holiday parties
- Cocktail parties with drinks and tons of hor deserves

5 TIPS FOR SURVIVING THE HOLIDAYS

(WITHOUT NEEDING TO WEAR AN ELASTIC WAISTBAND)

These tips are separated into 3 sections to give you strategies for before, during, and after your holiday parties and meals.

BEFORE EVENTS:

TIP #1: PLAN AHEAD

Make SURE TO PLAN before you attend a gathering or party.

Find out what will be served:

If possible, ask the host what kinds of foods and drinks will be served so you'll know ahead of time how to prepare.

Bring a dish to your holiday dinner:

Don't be afraid to call ahead and offer to bring a healthier plate to share with the other guests. This isn't being rude, it's taking care of yourself so you can spend your energy on having a good time and not worrying about how you'll feel after you eat.

Pack a healthy snack:

Throw a healthy protein bar in your bag so you'll have something to snack on besides the chips and dip. Try Lara Bars w Protein, they are made with only real food and provide enough protein to stay full.

Don't show up hungry:

Always eat at least a small meal before you go to a dinner or party. If you show up starving you'll be likely to wolf down everything in sight. Try one of the following protein-rich mini meals to tide you over and keep you from pigging out on sugar.

MY FAVORITE MINI MEALS ARE:

1. A healthy protein like turkey slices with avocado
2. Greek or non-dairy yogurt with nuts
3. A smoothie w protein
4. 2 Eggs (hard boiled)
5. A healthy protein bar
6. Gluten-free crackers with hummus
7. Any lean protein and vegetables

WHILE YOU'RE THERE:

TIP #2: HYDRATE

If you're feeling super hungry at an event, focus on drinking water before you go for that plate of food. Sometimes that hunger is actually a sign of thirst.

If you're finding yourself craving sugar and salt, your body is likely depleted in minerals. Order a tall glass of water with lemon while you're out to replenish.

Are you toasting the holiday with a glass of bubbly or red wine? Make sure to drink a glass of water before and after your cocktail.

Another awesome option is to make a healthy vitamin water, and drink it both before you head out AND the morning after.

Vitamin Water Recipe:

8 ounces coconut water
1 teaspoon raw apple cider vinegar
2 inch piece of ginger
juice from one lemon

Stir or shake the ingredients to combine, and sip. The raw apple cider vinegar will enhance your digestive enzymes and balance PH, while the coconut water will mineralize your body.

As you are drinking your vitamin water, take 5 deep breaths. Deep breathing calms your nervous system and reduces stress levels naturally.

Aim to drink at least 64oz of water each day to keep you metabolism working efficiently. Staying hydrated also helps you flush out all the sugar, carbs, & processed foods associated with the holidays.

TIP #3 - SAY NO (MOST OF THE TIME)

The key to staying healthy and feeling good (both physically and mentally) during the holidays is to avoid eating everything in sight.

We're all human. There's no way we're going to make it through an entire month of parties and holiday treats saying NO every single time. Nor do we want to.

That kind of extreme mentality is what leaves us feeling emotionally deprived and ready to go home after the party and overeat.

The last thing we want is to get so frustrated with deprivation that we show up to a party and say *screw it, I'm eating everything!*

Practice the 80/20 rule:

Focus on eating healthy, nourishing foods 80% of the time. This gives you some leeway to indulge the other 20% of the time without feeling guilty.

TIP #4 - TAKE A TASTE

When you do decide to have the slice of pie or helping of mom's stuffing, focus on savoring the food instead of inhaling it.

Moderation and paying attention to portion sizes go a long way to keeping us healthy and feeling good.

If this relationship with food is something that you struggle with (I know I have), I recommend taking a moment to breath. Take 10 slow deep breaths and remember how all this food will make you feel mentally & physically tomorrow.

Check in with yourself before you eat:

Take a few moments to turn inward before you start eating. Ask yourself: Have I filled myself up with self-care today? Have I slowed down and addressed my emotions? Am I hungry or eating out of stress or obligation?

If you're feeling stressed, anxious or overwhelmed, take a few moments to do some deep breathing. Excuse yourself to the restroom if you need to step away.

Taking the time to touch base with your body and slow down will help prevent overeating.

When at home, journaling about your diet will offer you a simple way to stay in touch with your mind / body connection and help you identify any stress or overwhelm you experienced during the day. I have included a journal to help you practice self-care and keep you track to reduce stress during the holiday season.

Ask about healthy options:

Don't be afraid to talk with the party host, the waiter or your co-workers about healthy foods for your holiday events

We might feel nervous about speaking up - what will people think? But we're not being a pain. We're being mindful of taking care of ourselves and setting the stage for success. Remember, you are no the only one who wants to eat better in order to feel better!

Slow down & enjoy your food:

If you actually want to have a taste of something, then do it! Slow down and enjoy the decadent flavor of that chocolate cake or the creamy deliciousness of those mashed potatoes. Taste the food you're eating, and don't feel guilty.

Savor the moment:

Remember that a truly healthy, happy holiday is about being present in the moment.

As you're celebrating, practice mindfulness:

I deserve to really enjoy my life.

I deserve to step away from a stressful situation to focus on myself for 5 minutes.

I deserve to enjoy celebrating in the company of my friends and family.

AFTER THE FACT:

TIP #5 – MOVE YOUR BODY

Get your body moving to reduce stagnant energy in your mind & body:

Taking as little as 30 min each day to get your body moving & blood flowing will help you reduce stress & anxiety, increase your energy, help you maintain your ideal weight, fight inflammation & tummy troubles.

Here are some easy ways to keep your body active:

1. Take a walk on your lunch break
2. Take the stairs instead of the elevator
3. Take your dog for a walk after dinner
4. Try a yoga or Bar Method class (these are great options because they are safe & effective for all fitness levels)
5. Throw a dance party! Dancing has been proven to instantly improve your mood

TIP #6 - DE-BLOAT & RESET

Sometimes, regardless of our best intentions, we can still feel bloated, tired, and less-than-amazing once the party's over.

It's important to have some healthy tricks in the toolbox to nip those gross symptoms in the bud and get us back on track to feeling great. We want to focus on flushing toxins out of our bodies to reduce the acidic waste that leads to bloating and fatigue.

Here are my 3 favorite ways to de-bloat and reset the day after.

1. MY MORNING LEMON ELIXIR

Take 2 cups of room temperature water, and add the juice from 1/2 a lemon, a pinch of cayenne (optional), and 1 teaspoon of raw honey or a couple drops of stevia (use stevia if you are on a yeast cleansing diet).

Mix well, and sip to cleanse the body.

2. MY EVENING ALKALIZING CHLOROPHYLL DRINK

Add 1 tablespoon of chlorophyll to 12 ounces of water with the juice of one lemon and drink.

Note: you can buy chlorophyll at any natural food store, Whole Foods, or on Amazon.

3. CONTINUE TO MOVE YOUR BODY

Exercise is one of the best ways to cleanse your body and remove toxins. Try taking a brisk walk, hitting the gym, or going to your favorite zumba class. Sweating helps the body to eliminate toxins through the skin. Be sure to shower and scrub when you're done.

IF YOU REALLY WANT TO FULLY REJUVENATE & FEEL AMAZING, DO THE 4-DAY POST-HOLIDAY HEALTHY RESET.

Keep reading to learn more...

THE 4 DAY POST- HOLIDAY HEALTHY RESET

If you feel congested, the family got you stressed, or you devoured a box of gift chocolates, no worries my friend! I have your solution right here.

I am sharing with you what I do to recharge, regenerate, and kick the bloat so my energy levels stay up and my jeans don't feel so tight!

ARE YOU READY?

This 4-day reset has everything you need to cleanse and revitalize after a party, event, or the entire holiday season.

YOUR DAILY PLAN FOR 4-DAYS:

1. UPON WAKING: Drink Lemon Elixir to cleanse, alkalize your body, and reduce sugar cravings.
2. BREAKFAST: SEE SUGGESTED MEALS BELOW
3. SNACK: Enjoy a cup of peppermint or ginger tea and raw veggies with hummus.

4. LUNCH: SEE SUGGESTED MEALS BELOW
5. LATE AFTERNOON SNACK (around 4 pm): Enjoy a cup of detox tea made by Yogi Tea and have an apple with 1 tablespoon almond butter.
6. DINNER: SEE SUGGESTED MEALS BELOW
7. EVENING: If you are craving something sweet, have a cup of chamomile tea with stevia or 1 teaspoon of raw honey. Or enjoy a baked apple with cinnamon, walnuts, and raw honey or stevia (bake at 350 degrees for 20 minutes). Another option is half a banana with 1 tablespoon of almond butter and 1 tablespoon of honey with slivered almonds.
8. GET SUPPORT: Reach out to me when you have questions or just feel stuck! I'm here to answer questions and share additional tips, recipes, and videos.

RECIPES DAY 1

BREAKFAST

SMOOTHIE

2 cups spinach
1 handful of parsley
1 1/2 cups water or non-dairy milk (coconut, hemp, or almond milk)
1 banana
1/2 cup berries
1 tablespoon flax meal

LUNCH

SALAD WITH MUSTARD VINAIGRETTE

(Makes 2 Servings)

1 cup dandelion leaves, chopped
1 cup red cabbage, chopped
1 large carrot, shredded
½ cup parsley, chopped

MUSTARD VINAIGRETTE

¼ cup raw apple cider vinegar
1 tablespoon Dijon mustard
⅓ cup extra virgin olive oil
1 small garlic clove, minced
1 lemon, juiced
liquid sweetener to taste
sea salt to taste
black pepper to taste

Prepare the dressing. In a small bowl, add raw apple cider vinegar, Dijon mustard, extra virgin olive oil, garlic, lemon juice, liquid sweetener, sea salt, and black pepper. Whisk until well incorporated. Set to the side.

Assemble the salad. In a large salad bowl, add dandelion leaves, red cabbage, shredded carrot, and chopped parsley. Top with mustard vinaigrette and mix until well coated. Serve immediately.

DINNER

SWEET POTATO CAULIFLOWER SOUP

1 large head cauliflower
Few dashes Garam masala (optional)
3 medium to large sized peeled sweet potatoes, cut into 1" pieces
1 sweet onion, diced
6 cups vegetable broth
1 teaspoon salt

Preheat oven to 400 °F. Wash and cut cauliflower, then sprinkle lightly with Garam masala. Place cauliflower onto parchment covered baking sheet and lightly drizzle with olive oil. Roast about 20-30 minutes. In large stockpot, bring sweet potato, onion, garlic, salt and broth to a boil.

Reduce heat and simmer until sweet potatoes are tender. Add in cooked cauliflower and blend half then combine.

RECIPES DAY 2

BREAKFAST

GRAIN-FREE PORRIDGE

¼ cup raw pumpkin seeds
2 tablespoons flax seeds
1 tablespoon chia seeds
2 tablespoons unsweetened shredded coconut
1 teaspoon cinnamon
½ teaspoon ginger
½ teaspoon vanilla extract
½ cup warm dairy-free milk of your choice

Grind the cereal. In a coffee grinder or blender, add the pumpkin seeds, flax seeds, chia seeds, and shredded coconut. Grind or blend until fine. Place in a serving bowl. Add the warm dairy-free milk of your choice, as well as the cinnamon, ginger and vanilla extract into the cereal and stir.

Serving Suggestions: Add allspice or garam masala to your cereal. You may also add a teaspoon of the sweetener of your choice. Top your cereal with sliced bananas, apples, shredded coconut, etc.

LUNCH

HEALTHY SALAD

2 cups chicory lettuce (or your choice)
1 bunch beet greens, thinly sliced
½ cup shredded beets
½ cup shredded carrots
¼ small red cabbage, thinly sliced

DRESSING

2 lemons, juiced
10 basil leaves
1 small bell pepper
¼ cup extra virgin olive oil
1 small apple, chopped
1-inch piece of fresh ginger
1 small garlic clove
¼ teaspoon salt
¼ teaspoon pepper

Prepare the dressing. Preparing the dressing first allows the flavors to intermingle before using it on your salad. Add the lemon juice, basil, bell pepper, olive oil, apple, ginger, garlic, salt, and pepper to a blender. Blend until smooth. Taste and adjust seasonings to your preference. Allow the dressing to sit for at least 15 minutes before dressing.

Toss the salad. Add your chicory lettuce, beet greens, shredded beets, carrots, and red cabbage to a large salad bowl. Add enough dressing to coat the salad, but not drown it. Mix thoroughly. Enjoy!

DINNER

BASIL LEMON QUINOA WITH LENTILS

2 cups lentils, soaked overnight
2 tablespoons extra virgin olive oil
1 cup cooked quinoa
¼ cup raisins
1 cup basil leaves, chopped
½ large lemon, juiced
Sea salt to taste

Cook your lentils. Drain your lentils and add them to a pot. Cover the lentils with water and cook over medium heat for 20 to 30 minutes.

Add remaining ingredients. When lentils are cooked, drain and let them cool and pour olive oil on top. Add cooked quinoa, raisins, chopped basil leaves, and sea salt to taste. Stir all the ingredients in a large bowl and add olive oil.

RECIPES DAY 3

BREAKFAST

ENERGY SMOOTHIE

1 ½ cups dairy free milk (almond, coconut or hemp)
½ cup frozen or fresh pineapple
1 cup kale
1 handful of parsley
¼-inch fresh ginger root
Juice of 1 lemon

LUNCH

BERRY SALAD

2 cups baby spinach
½ cup purple cabbage, chopped
½ cup fresh blueberries
½ cup fresh raspberries

BLUEBERRY VINAIGRETTE

½ cup blueberries
1 tablespoon raw apple cider vinegar
2 tablespoons extra virgin olive oil
1 small garlic clove
Sea salt to taste
Black pepper to taste

Prepare your vinaigrette. Add blueberries, raw apple cider vinegar, extra virgin olive oil, garlic, sea salt, and black pepper to a blender. Blend until smooth. Set to the side.

Assemble the salad. Add the baby spinach, purple cabbage, fresh blueberries and raspberries to a large salad bowl. Top with blueberry vinaigrette and mix until well coated.

DINNER

LEMON GINGER QUINOA

1 tablespoon extra virgin olive oil
1 small carrot, grated
1-inch piece of ginger, grated
1 small onion, minced
2 large garlic cloves, minced
2 cups quinoa
3 ⅓ cups water
½ teaspoon sea salt
½ teaspoon black pepper
½ lemon, juiced

Sauté the vegetables. Add extra virgin olive oil to a large sauce pan over medium heat. When the pan is hot, add carrot, ginger, onion and garlic. Sauté for about 2 to 3 minutes.

Add the quinoa. After sautéing the vegetables, add quinoa, water, sea salt, and black pepper. Stir and allow the quinoa to steam -- with the cover on -- for about 20 minutes on low heat. The quinoa is done when the water is absorbed. Turn off the flame and fluff the quinoa with a fork. Add lemon juice. Cover and allow the quinoa to absorb the lemon juice.

Serving suggestions. This quinoa can be served with a variety of stir-fried vegetables including cabbage, kale, broccoli, etc.

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DAY 4

BREAKFAST

GREEN SMOOTHIE

1 cup water or almond, hemp, or coconut milk
1 banana, frozen
½ avocado
Handful of parsley
1 cup kale or baby spinach
1 tablespoon ground flax seeds
1 tablespoon chia seeds
1 teaspoon cinnamon
½ teaspoon vanilla (optional)
Stevia to taste
3 to 4 ice cubes

LUNCH

YUMMY SALAD

2 cups mesclun lettuce
1 cup flat leaf parsley, chopped
1 carrot, shredded
1 large apple, chopped
¼ cup shredded beets
10 fresh mint leaves, roughly torn to small pieces
1 avocado, chopped
Kalamata olives, chopped (optional)

DRESSING

- 2 large garlic cloves, minced
- 1 large lemon, juiced
- ¼ cup red wine vinegar
- ¼ cup extra virgin olive oil
- ½ teaspoon Dijon mustard
- 1 teaspoon dried oregano
- ¼ teaspoon sea salt
- ¼ teaspoon black pepper

Prepare the dressing. Preparing the dressing first allows the flavors to intermingle before using it on your salad. Add all the ingredients to a jar with a lid. Shake vigorously. Taste and adjust seasonings to your preference. Allow the dressing to sit for at least 15 minutes before dressing your salad.

DINNER

APPLE SQUASH CARROT SOUP

- 1 tablespoon extra virgin olive oil
- 1 small onion, chopped
- 1 medium butternut squash, peeled and chopped
- 1 large apple, cored and chopped
- 2 carrots, chopped
- 2 teaspoons cinnamon
- 1 teaspoon nutmeg
- 2 teaspoons curry powder
- ½ teaspoon sea salt
- ½ teaspoon black pepper
- 3 cups broth (chicken or vegetable) or water
- ½ cup dairy-free milk of your choice

Create the soup base. In a large pot, add the extra virgin olive oil. When the oil is hot, add onion and sauté for 2 to 3 minutes. Add chopped butternut squash,

apple, and carrots, cinnamon, nutmeg, curry powder, sea salt, and black pepper to the pot. Sauté for 3 to 5 minutes. Add broth (or water) to the pot and stir. Let it come to a boil. Then reduce the heat and simmer for 15 minutes.

Make it creamy. You can use an immersion blender to make the soup smooth or blend the soup in batches using a standup blender. When the soup is blended, then add it back to the pot and add the dairy-free milk. Reheat the soup. Taste and adjust seasonings. Enjoy!

READY TO TAKE YOUR RESET TO THE NEXT LEVEL?

Think about how amazing your body could feel with even more nourishing food and healthy habits.

If you're ready to gain more energy than you ever thought possible & look and feel better than you have in years, it's time to try my proven system. It's worked for me and countless clients, and I know it will work for you, too.

Are you ready to dive deeper into a cleanse or detox and take your health, life, and energy to the next level?

Join me for my Total Reset 14 Day Program. You'll receive an in-depth detox guide, mouthwatering, allergy-friendly, easy-to-make detox recipes, and a step-by-step plan of action with suggested whole foods meals that will help you cleanse your body naturally, a self-care guide to continue to create your mind / body connection to nourish your mind & body. Most importantly, you'll get access to me to address any questions, concerns or struggles coming up for you.

The Total Reset is a unique 14 day program is a pathway to release toxins and excess bloat from your tissues, reset your digestive system and renew your baseline of wellbeing. You will learn how food affects the way you feel, how to attune to your body's unique needs and activate your natural healing potential. In as little as 2 weeks, you will feel revived & rejuvenated; you will notice better quality sleep, and more energy!

Is it time for a reset?

- o Do you get bloated after eating?
- o Do you tend to gain weight easily especially in your belly?
- o Do you have extra pounds that won't come off with diet and exercise?
- o Do you have headaches more than occasionally?
- o Do you frequently belch or feel gassy or gurgling in your belly?
- o Do you tend to feel lethargic during the day?
- o Do you have cravings for sugar or starchy foods?
- o Do you experience mood swings or anxiety?
- o Do you have difficulty focusing or experience foggy brain?

- o Do you have allergies or hay-fever?
- o Do you experience pain, muscle achiness, or stiffness in your joints?
- o Do you feel addicted to foods that you know aren't good for you... and yet you can't stop?
- o Do you feel anxious, upset, nervous, or downright cranky?

If you answered "Yes" to any of these questions, you would greatly benefit from this 14 day reset program! Take the first step to living your healthiest & happiest life today!

HERE'S WHAT OTHERS ARE SAYING ABOUT WORKING WITH ME

"I can't say enough about Liz! I did The Total Reset 14 day program with her, and not only did she supply me with all of the tools to be successful, but she was there for me emotionally and that made her service stand above the rest.

I was addicted to sugar after my last pregnancy. And with the guidelines that Liz gave me, it helped me understand why I was feeling the way I was, and how to help myself get better. I plan to continue my services with her, and hopefully continue on the healthy path.

Thank you Liz!" -Erika S

"Liz met me where I am in terms of my goals for overall health and weight loss. I am a very busy executive who adores carbs. Liz's tips and insight were simple and easy to integrate. My water intake is very challenging, I just don't like it. Liz understood that stance but also worked with me to establish water intake goals that were reasonable. I also noticed

a difference immediately in losing inches just around increased water intake! Liz understands the mind body connection and most importantly, how I orient in the world. (Busy single mom with 2 businesses who loves carbs and hates kale.) I highly recommend an investment in Liz as its an investment in yourself" - Michelle H

"Before Mindset Makeover, I honestly wasn't sure how effective it would or could be; however, I was proven otherwise. With Liz's coaching and and guided outlines for lessons each week, I learned that I was able to create a healthier lifestyle for myself, and I feel better than I have in a long time. Liz has held me accountable making sure that I'm journaling every day, making healthier choices, and enjoying opportunities to better both my mind and body. Instead of being lost and not knowing how to continue with what I've learned, I know how to continue on successfully building a healthier lifestyle. Because of Mindset Makeover and continued support from Liz, I know that I'll be able to continue to make better choices that will benefit all aspects of my life" –Kayla S

"The prescription to good health is regular exercise and healthy eating. There are no shortcuts. Liz helps her clients understand this. She is a yogi, counselor, bar method instructor, and a personal trainer. She is a force of energy. I started working with Liz during my second pregnancy. She taught me how to find my inner strength and still do perfect push ups and planks during my pregnancy. She combines physical movement and mindfulness training in every session so I am able to re-center myself & feel empowered every week to conquer the challenges ahead. I am stronger in my mind and leaner in my body thanks to Liz. She helped me build a strong mind body connection that extends beyond the gym to everyday life. I feel thankful to call her my coach"- Ancy M

LEARN MORE ABOUT ME

I am a Certified Health & Wellness Coach, Yoga & Bar Method Instructor, & Personal Trainer specializing in holistic nutrition and fitness. I hold a masters degree in clinical psychology and several unique fitness certifications including, 500 E-RYT, Pilates, NASM Personal Training, Corrective Exercise, TRX Suspension Training, and I have over 1800 hours of continued exercise and nutrition education. I am SO passionate about combining my formal education with my wide variety of fitness certifications in order to help YOU create your healthiest and happiest life! I have been coaching for over 10 years and I am so inspired to help YOU incorporate small lifestyle changes and physical movement in order to live healthy, happy, and inspired everyday!

I am dedicated to providing YOU with the tools you need to live authentically while enjoying health, success, abundance, love, and spirituality.

