BALANCE
by bri

Bio: Hi! I'm Bri, the gal always looking for balance in life. From diet and fitness to social life, emotional wellbeing and everything in between, I love to share my true passion for overall health and wellness in order to live a more balanced day-to-day life.

As an integrative, nutrition health coach and practicing fitness instructor, I have the background and skillset to help implement balance in your life. Through my positive, personal approach we can work together to eliminate your biggest roadblocks and shift your mindset and lifestyle towards achieving your overall health and wellness goals.

Why a health coach?
As an integrative, Nutrition Health Coach, who is an active fitness instructor with a degree in exercise science, I am your guide to achieving health behavior and lifestyle changes - losing weight after pregnancy, managing stress, establishing an exercise routine, creating a healthy relationship with your body, managing chronic health conditions, and so much more.

My approach:
As your Health Coach, I will provide ongoing guidance and accountability to help you attain balance in your life. Together we will establish sustainable routines to improve your health and happiness. Through my personalized three month program, we will work one on one focusing on what your body needs as a whole.

This program is more than just moving your body and eating kale (don't worry, you don't have to eat kale). We will talk through your goals, your relationships, managing your stress, and how to make eating clean, easy, and quick. With my help and guidance, you will be able to take these resources with you to implement balance and take control of your health and your happiness.

My program focuses on:

- Setting health-related goals
- Adopting healthy routines
- Establishing eating habits to improve your gut health
- Workout plans
- Stress management
- Goal accountability
- Creating a more BALANCED life

What are you waiting for? Are you ready to take control of your health and happiness and implement Balance within your life?
Website Link: https://www.balancebybri.com/

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Free consultation link: https://www.balancebybri.com/service-page/free-consultation