

Is Your Best Fit right for you?

If you...

- are a yo-yo dieter who is frustrated and fed up with the lose-weight-regain-weight cycle
- are low on energy, don't eat well or exercise regularly and want to feel better and more energized
- feel like giving up because you feel like a failure when it comes to losing weight and exercising (and you think it's because you don't have enough willpower or motivation to succeed)
- are looking for a program based on real-life experiences to help guide you to make positive changes to achieve your weight and fitness goals
- are looking for something that offers more personal support and accountability if and when you need it
- are ready to lose weight in a healthy, positive, empowering way
- are ready to prioritize yourself and invest in your health, weight and fitness long-term vs. searching for a "Get Cameron Diaz's body in 10 days" gimmick
- are absolutely ready to say goodbye forever to diets and live life again (live not die-t)
- are ready to get your head in the right place (in the "game"), so your body can be transformed into a body you love
- are wondering if a fit body, time for exercise and eating right is no longer within your grasp

...then Your Best Fit is probably right for you.

If you...

- are looking for a quick fix vs. a long-term solution
- want to be given a daily diet or exercise regimen and told what to eat or do*

- are already near to achieving your weight and fitness goals (and have done it in a healthy, sustainable way)
- are looking for an advanced fitness program (or have a personal trainer and chef on speed dial!)
- have already figured out diets don't work and know how to work toward your optimal health goals (and can do so without additional support or guidance)

...then Your Best Fit is probably not right for you.

* We DO give you information on food and exercise, including all the changes we made in our own food choices and exercise habits.

We DO provide sample workout programs (and Darcy, a certified personal trainer, is available to help guide you with a more personalized workout program).

However, this is NOT a prescribed diet or exercise program.

Your Best Fit is about guiding you so that *you* can build your lifestyle that will achieve your weight and fitness goals in a way that is healthy and empowering for *you* and your life.

Your Best Fit is about giving you information and tools, so that *you* can make positive changes in your life to achieve your weight and fitness goals in a healthy, affirming and for-life way that fits *you*.