

# COACHING YOUR MIND



## TO WEIGHT LOSS

***Join us to learn the techniques for long lasting weight loss.***

Have you tried the South Beach diet? The Atkins Diet? The Fat Flush Diet? The Ice Cream Diet?

**This Teleclass workshop is for you!**

It is designed for people who want to lose weight or find the balance to fitting fitness in.

According to results from the National Health and Nutrition Examination Survey for 1999-2002, "65 percent of U.S. adults aged 20 years and older are either overweight or obese, defined as having a BMI [Body Mass Index] of 25 or higher."

**You will leave with:**

- The mindset to continue your weight loss success and a way to integrate how to fit fitness into your busy life.
- How to use triggers to help you succeed at the point in your weight loss journey where you normally fall short or quit.
- A learned technique for keeping your eating and exercise on track and be accountable.

When: Monday, March 17, 2008 8:00-9:00pm or  
Wednesday, March 19, 2008 12:00-1:00pm

Cost: \$37 per person

Register online at [www.FittingFitnessIn.com](http://www.FittingFitnessIn.com)

Facilitators:

**Dawn Quesnel, PCC, CPCC of Career Life Balance™**

Dawn is more commonly known as "Coach DQ." She is Host and Producer of her own radio show, "Career Life Balance" on WNRI.com Friday's at 9am EST, is a speaker and workshop leader with Dream Factory. "Coach DQ" has been working with individuals in areas such as personal growth, life challenges and goal setting.

**Holly Kouvo, Personal Trainer & Nutrition Specialist of Fitting Fitness In™**

Holly has great success working with clients who want to lose a lot of weight, including triple digits. Holly has published articles in several national magazines and on Eons.com. She released her first exercise DVD in the fall of 2006. She has a weekly radio spot—"Holly's Helpful Hints"—on Career/Life Radio (WNRI.com).

Career Life Balance

Career Advancement • Life Transitions • Time/Stress Management

