



WEIGHT LOSS COACHING

The Safest Way to Lose Weight Fast!

100%
Success
Guarantee
TRY IT
TODAY!!!

"A Coach May Very Well Be the Guardian Angel you Need to Rev Up your Life"
(Time Magazine)



Annette Dykes is a Master Certified Weight Loss Coach, Life Coach and Personal Fitness Trainer with MyPrivateCoach.com

Top 7 Reasons to Hire a Weight Loss Coach

- The only proven solution for long-term, permanent weight loss,
- Endorsed and recommended by MDs worldwide,
- The best "price per pound lost" ratio compared to other diets and programs,
- Learn the secrets that all naturally slim people know,
- Become your best nutritionist
- Get your own-customized diet and exercise program
- Get one-on-one support from someone who cares about you and your success

"As a former obese, I had been trying to shed pounds for as long as I can remember! I have tried all the programs. Nothing really worked for more than 1 month or 2... Then I usually lost faith when I hit a plateau, and went back to my bad eating habits. That's all in the past! With MyPrivateCoach, I worked with a health expert (my coach!) who supported me on a daily basis, giving me tips and advice on pitfalls to avoid, diet myths, etc... I checked with my doctor first to make sure everything seemed healthy to him and he said *yes*, so I tried it out for 6 months... I lost 55 pounds and I know I will keep it off. What makes the difference is the PERSONALIZED attention that you get even when you don't expect it. High motivation! Thanks MyPrivateCoach!"

Ilaine P., Mountain View, CA



How does weight loss coaching work?

"The only real, proven solution for permanent weight loss is one-on-one coaching."

At My Private Coach, you get **daily support** (face to face, email, phone, instant messenger) and an extensive Weight Evaluation Analysis to help you find out the real cause of those extra pounds and how to release them for good.



You will interact daily with your coach about what you ate, how you felt about it, what kind of exercise you did, how long you exercised and at what intensity. Then, your coach will get back to you with positive feedback and lots of helpful tips on how to tame your cravings and how to motivate yourself, etc.... **This daily human-to-human relationship is the difference between MyPrivateCoach and all the other programs you may have tried!** You will learn something new every day and will integrate it into your life at your own pace surely and successfully.

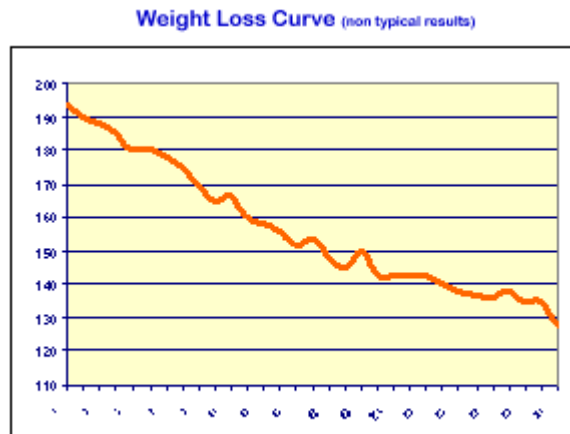
You will receive a **truly personalized Weight Loss Plan** to help you and your coach understand the best way for you to lose weight healthily and fast. This plan consists of a fitness component that corresponds to your needs and current fitness level, and a diet program designed just for you, and a meditation/self-care section to help you feel better and better about yourself.

Permanent Results

To ensure that you get **permanent results**, you will receive weekly assessments to help you measure how much progress you have made.

To support your journey to a lighter Y-O-U, easy, tasty and healthy recipes will be sent every week, as well as meal plans and a shopping list to make sure your trip to the grocery store is a healthy one!

Over the course of the program, you will get a wealth of information that you will digest at **your own pace**.



Sign up for a MyPrivateCoach.com FREE Weight Loss Coaching Session TODAY!!
Go to www.myprivatecoach.com/FREE

When you come from Equinox and mention Janice's name, you will be entitled to nice freebies:

- A \$50 Gift Certificate
- Get 12 weeks of Weight Loss Coaching for the price of 11 weeks
- Access to all our TeleClass for FREE *(even the ones which don't have anything to do with nutrition and weight loss)*

Welcome on Board!

Meet your Weight Loss Coaches:



Robert Adams



Valerie Vauthey



Annette Dykes



Arlene Unger



Karen Palmer

and more...

I am looking forward to help you shed those extra pounds!

Valerie Vauthey

CEO & Founder