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Marathon, Florida



highlymotivated.fc Who else gets to go paddle boarding on a work day while still working?!?! 🙌🙌 I've got the BEST "job" in the world!

Let me explain....

I am a traveling personal trainer and nutrition coach. I literally get to help people feel better, become healthier and as a bonus they typically like the way they look better too.

As a nutrition coach I can work from ANYWHERE. I run all my business from my phone and computer. Thank you Zoom!

In addition I've added using plant powders with my clients! These



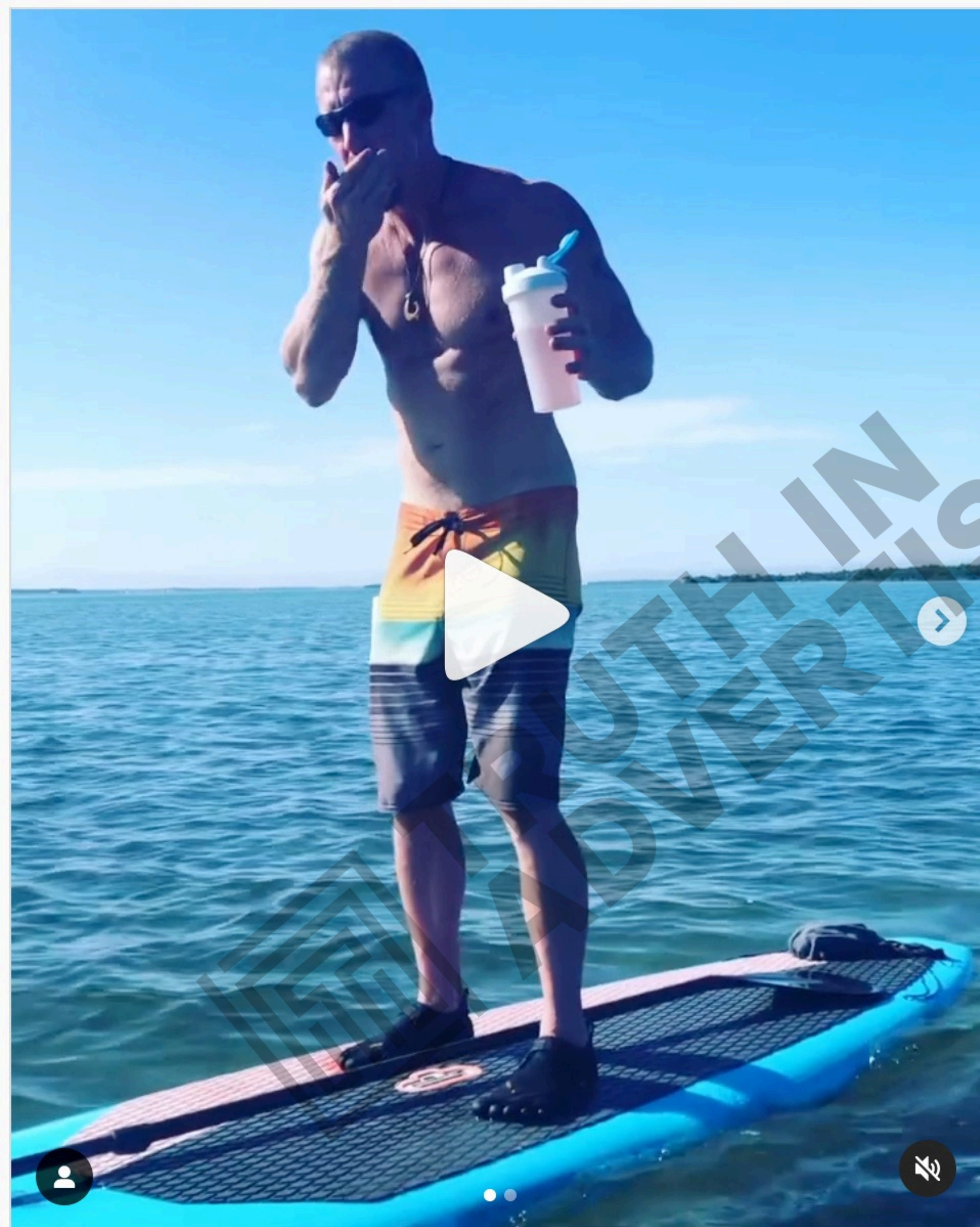
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powders with my clients! These capsules have changed my life - physically +mentally.

When I say nutrition most people think...can you guess?! If your answer was weight loss you got it. Weight loss is only one of the many reasons people may want nutritional counseling.

Regardless if you are coming to me for weight loss, muscle gain, diabetes control, blood pressure control, poor digestion from IBD, malnutrition from chemo or aging. Etc. I ALWAYS start with teaching clients how to meet their nutritional needs. Helping them incorporate nutritionally dense foods like fruits,



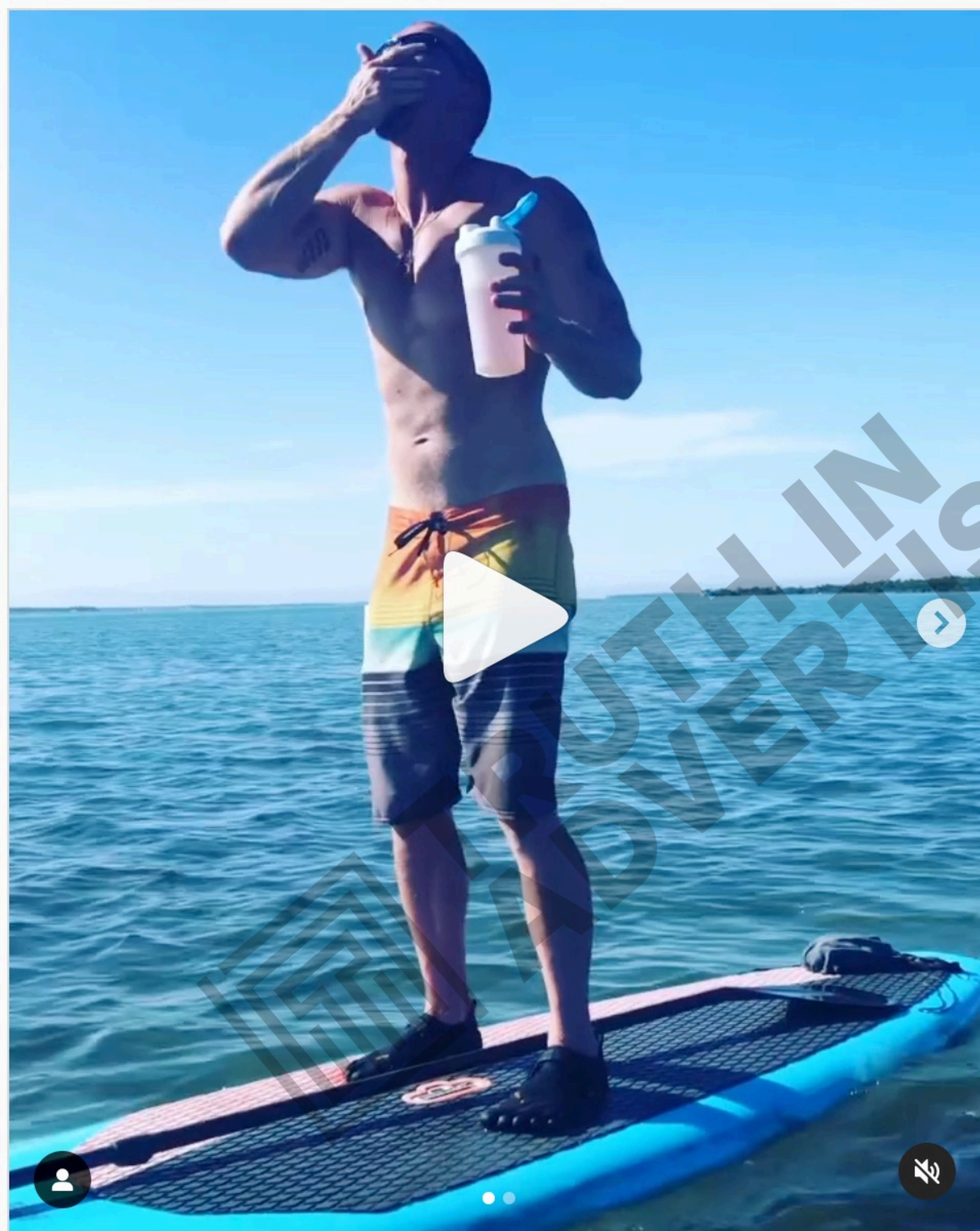
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nutritionally dense foods like fruits, vegetables, whole grains each and everyday. Ultimately they learn how and why it is important to eat the 🌈 rainbow. It sounds easy in concept but it can be tricky and each day is going to throw in it's own set of monkey wrenches. Some days we eat more cookies than kale. It happens.

These powders give me 30 fruits +veggies EVERY. SINGLE. DAY. So on the days I don't get in my recommend 7-9 servings of fruits and veggies I at least have gotten what my body needs from the plant powders! And on days I do get the right amount I am still taking the capsules because they are still



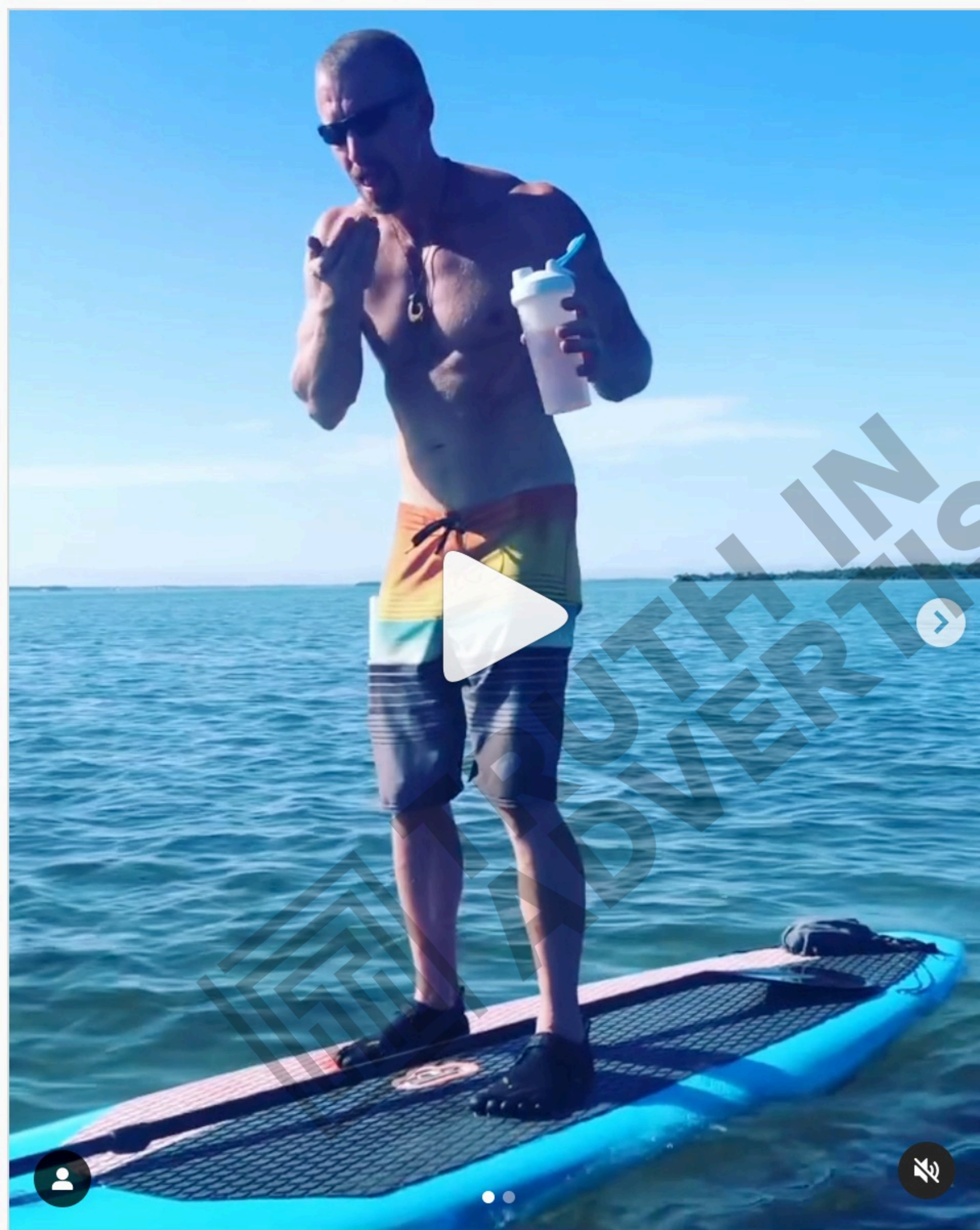
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capsules because they are still proving me with all good stuff 😊

Imagine what you would feel like if your body got what it needed to run optimally all the time?

You'd have:

More energy 🍃

More mental clarity 🧠💡

Less afternoon slumps 🧑💤

Regular bowel movements 💩

Less joint and body aches 🔥

These gems are scientifically proven. In over 40 scientific journals. And for all you science geeks like me lets talk about DOUBLE BLIND studies. That's right they still do them when the rest of the world is



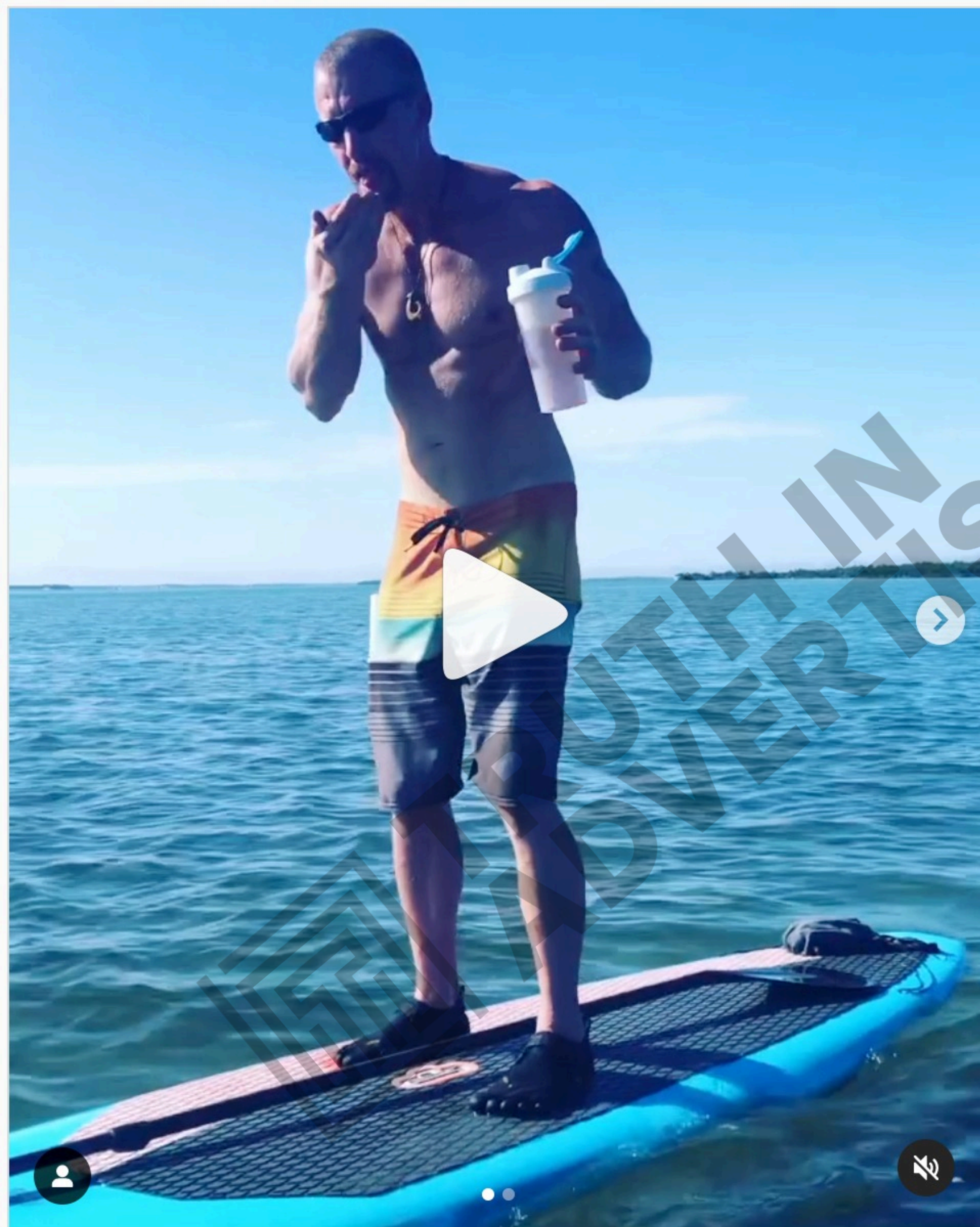
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Edited · 24w



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