



✦ His Weigh, LLC Health, Wellness & Nutrition

Established in 2012 and is currently located in Fairfield, PA; having clients across the country. You can walk in or you can take classes online through Skype, Facetime and Zoom. We also have 1 on 1 and group Classes Monday – Friday.

After a long serious illness I began the journey of Nutrition! I have spent several years getting degrees and diplomas, becoming a Holistic Health Practitioner and a Certified Health Coach. It is my heartfelt passion and prayer for each of you reading this to know there is always hope, and you too, can get healthy and well no matter what.

Feed Your Body with the Building Blocks to Bring About Lasting Health.

Let His Weigh show you how. The building blocks to good health start with eating a varied diet rich in nutrients. It is important to keep your focus on choosing nutrient-dense foods. ✦ His Weigh, LLC Health, Wellness & Nutrition teaches the benefits of a healthy lifestyle for all without sacrificing the joy that food brings. Each client's needs are unique and mesh perfectly with our bio-individual programs.

You will learn the best foods to combat inflammation, decreasing joint and muscle pain. Once your nutritional needs are met, you will be amazed at how good your hair looks, your skin feels, how energetic you are and how much your pain has subsided and a whole lot more. You'll see weight loss without being hungry or sacrificing taste.

Let ✦ His Weigh, LLC Health, Wellness & Nutrition show you how simple it is to achieve health and wellness.

Eating right not only affects your physical health, but your mental health too. ✦ His Weigh, LLC Health, Wellness & Nutrition will educate you on the nutritional benefits so that you make better choices keeping your overall health in mind while ensuring your peak performance.

BE AWARE OF YOUR EATING HABITS!

When you join a ✦ His Weigh, LLC program, you will learn gut health and the role that nutrition plays in it. The mind-gut connection is rarely discussed in weight loss programs and is essential in achieving optimal health, wellness and weight loss.

Obsessively analyzing every calorie that goes in your mouth and calculating the appropriate workout response is an unhealthy and exhausting way to lose weight. You can eat far too little or consume foods with little nutritional value resulting in placing your body in starvation mode. At ✦ His Weigh, LLC Health, Wellness & Nutrition we teach you the way you were always meant to eat.

If you are ready for a life change or want your life back, call or sign up today for your one-on-one free consultation! Let one of our Holistic Health Practitioners or health coaches help you determine which program is right for you.

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Programs

30-Day His Weigh Boot Camp

Welcome to ✨His Weigh, LLC Health, Wellness & Nutrition Boot Camp! Our boot camp is really unique. It involves 30 days of tough choices that will give you the results that you are looking for quickly. At ✨His Weigh, LLC Health, Wellness & Nutrition, we know that the key to losing weight, getting healthy and keeping it off is 80% nutrition and 20% exercise. Don't be fooled! This is why your efforts have failed. Once we have the truth and understand our body's needs, exercise or any kind of movement becomes quite enjoyable.

90-Day Intensive

This program is like no other. Here you will accomplish what you never thought possible. You will learn tried and true techniques, teaching you to overcome your food addictions, your relationship with food and your ability to achieve success. ✨His Weigh, LLC Health, Wellness & Nutrition is here to help you access that ability from within.

1 Year Program

For those who have 50 pounds or more to lose, this is the program for you! ✨His Weigh, LLC Health, Wellness & Nutrition offers a one year long program where the client learns time management and accountability. We educate and guide clients to make behavioral changes resulting in improved nutrition and dietary habits, physical ability, stress relief techniques, and overall better health and wellness.

Emotional Freedom Program

✨His Weigh, LLC Health, Wellness & Nutrition concentrates more on the client's need to move forward. The client realizes that they are stuck in any given area of their life and we, as health and wellness coaches, put together an initiative and positive program. The program includes listening techniques, thought provoking questions and tools to encourage the client to think positively, believe in themselves and move forward. Clients will learn how to relieve their stress and, in time, their emotional health goals will be achieved and vitality in life will return. Emotional weight weighs far more than the fat on our bodies. In order to succeed this needs to be addressed. Some of our clients find it beneficial to do this program along with a weight loss program because many of us are emotional eaters.

Check us out online @ <http://hisweigh.com/>

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104 East Main St. Fairfield, PA 17320
(240) 446-8013 or (301) 447-3002

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