



America's Nutrition Coach for Women™

Helping people build a healthy relationship with food so they end the diet cycle *forever* without giving up their most pleasurable food...that is my focus.  
– Neily

**Are you ready for the coach approach?  
Do you want to:**

- Increase your energy?
- Take control of your health?
- Decrease risk of chronic disease?
- Learn strategies to overcome obstacles?
- Trade the scale for non-scale victories?

There are business and life coaches, and of course athletes work with sports coaches. Professional wellness coaches help individuals reach their optimal health. This is what I do—empower individuals to achieve their best.

In our 30-minute complimentary strategy session, we'll look at your challenges, what's stopping you, slowing you down, or preventing you from having what you want. By the end of our conversation, you'll know what to do next to move forward and we'll know if we are a good fit.



From the beginning I felt we were a team. I had support from someone with knowledge and insight to guide and advise me. The concept of **non-scale victories** was new and extremely powerful. I realized it was **not** all about the scale. When I remember all the positive results I experienced, I feel better about myself and my self-discipline. Thank you!  
– Susie Phillips | Dallas, Texas

**How it works**

You may know *what* to do, but *doing it* is another issue. That's where I come in. As a team we move you towards establishing *lifelong* habits to transform your health. I'm your nutrition support and accountability coach with a proven track record of helping people achieve their goals.

**[Read what they say](#)**

As your coach, I'll help you develop *your* optimal health—*your* natural energy. That's *your* foundation for continuing success. Several options are available, all providing one-on-one time with me—no matter where you live.

**Book a complimentary strategy session**

[bit.ly/meetwithneily](http://bit.ly/meetwithneily)

