

Shed Pounds and Gain Confidence!

Ready to change your relationship with your body once and for all?

Join Colleen & Michele for this Powerful Program Where You'll Discover:

- The Underlying Issue That Has **Your Body Holding Onto Weight.**
- How to **Say Goodbye** to the Cravings, Panic, and Self-Doubt That Keep You in a **Constant Fight Against Your Body!**
- Tools to **Take Control** of That Critical Voice in Your Head!
- How You Can **Create an Empowering Relationship** With Food, Find Pleasure in Exercise and Implement Self-Care Into Your Life



Ready to Dive Deep?

Let's dive into a new way of thinking! Into waters that support, honor & refresh us.

The Old Paradigms Need To Go!

- Diet Dogma
- Negative Inner Chatter
- Criticizing Our Body
- Shame, Guilt, and Blame

This 4-Week Live Group Program includes:

- 4 Two Hour Live Group Sessions
- 2 Bonus Virtual Sessions for Support
- 2 Bonus Meditations to Enhance Your Journey

Week 1 – Preparing for the Journey

The only journey is the one within – Rainer Maria Rilke

Are you ready to start looking at your body in a different way? We are going to begin our journey by honoring where we are and where we have been. We all have our stories, struggles, and emotions around our bodies and weight. Are you ready to realize that there are reasons for the struggles that you are not aware of? You will identify your fitness style and learn more about what truly nourishes your body.

Week 2 – The Love Affair ~ Cravings and Emotional Eating

Self-sabotage is simply misguided self-love – Brad Yates

Many of us have been in a battle with food for years and it's been our own dirty little secret. This toxic love affair may look like constant snacking, indulging a food craving, or overeating to avoid emotion. It's a behavioral pattern and a very hard one to break. We will use a special technique called Tapping to learn how to eliminate or lighten these cravings. We'll learn more about the foods we eat and how they impact us along with moving our body in new and fun ways!

Week 3 – Who's Really Running the Show?

...and the day came when the risk to remain tight in a bud was more painful than the risk it took to blossom. - Anais Nin

Who do we see when we look in the mirror and how is that vision impacted by the messages we receive from media, society, and the voices in our head? We will learn how to release the judgment, criticism and comparison and replace it with compassion and understanding. In the end seeing the beauty within! Add a little fun in the kitchen learning how to save time while getting your day off to a great start!

Week 4 – Bringing it all Together!

It's also helpful to realize that this body that we have, this body that's sitting here right now...and this mind that we have at this very moment, are exactly what we need to feel fully human, fully awake, fully alive – Pema Chodron.

How have we changed the constructs of what healthy means and how do we integrate all of this into our daily lives? Sometimes it feels overwhelming when balancing the demands of our lives with what we know is healthy for us. You will leave this session feeling fully supported with a new view of yourself and your body – one that will have you looking in the mirror, giving yourself a wink and saying **“Hi There Sweetie! You Sure Are Looking Good!!”**

And of course – lots of CELEBRATION!

When, Where, and Who?



Michele has a Bachelor of Science degree from Springfield College and is a personal fitness trainer certified by the American College of Sports Medicine. She has been a trainer for 20 years. Michele is the owner of REV Fitness for Women in Middlebury where she provides individualized fitness programming specific to a woman's unique needs.

Michele and Colleen share a mutual goal of inspiring and empowering women. Colleen is a Women's Empowerment Coach helping women find and clear the blocks keeping them from living their life with power, passion, and excitement! She is trained in the Emotional Freedom Technique or Tapping and is also a Certified Tapping Into Wealth Coach.



Dates: Live Group Sessions will be Tuesday evenings
June 28, July 5, July 19, July 26

Location: REV Fitness for Women
175 Wilson Road, Middlebury, VT
(within the Middlebury Fitness complex)

Bonus Calls: Week of July 19 and August 1
Calls will be 60 -90 minutes

That's a total of:

- ✓ **8-hours of group classes**
- ✓ **2-3 hours of bonus support calls**
- ✓ **2 bonus meditations**



For more information or to sign up: www.colleenmarysmith.com/shed-pounds

Colleen – 802-349-7098

Michele – 802-989-0096 www.revfitnessforwomen.com