**KBC Nutrition Coaching**

**with Amy Beyer, Certified Fitness Nutrition Specialist**

**amybeyer@verizon.net**

**571.282.7147**

I was 37 when I made my first real New Year’s resolution. With my youngest child getting ready to turn four, on New Year’s Day, January 2012 I resolved to lose weight and get in better shape. I was at my heaviest weight I’d ever been (non-pregnant) and realized my days of eating whatever I wanted and not gaining weight were long gone. I started with gradual, but consistent changes in both diet and exercise and began to tick away at the scale and feel better in my own skin.

That October, I struck gold when I found Kelly’s Bootcamp as Kelly introduced me to a way of working my muscles and pushing my body that I had never experienced. We’ve all “felt the love” of trying to walk up and down the stairs after Muscle Confusion or the need for a nap after some Thursday morning killer cardio. As much as boot camp transformed my body though, the puzzle was still missing a piece and my progress eventually stalled until I started paying better attention to what I was eating.

I quickly realized it wasn’t as simple as calories in, calories out. That would work for a few weeks and then I would go right back to craving and eating foods that weren’t the best choices for me. There was always a party, vacation, crazy busy day or the dreaded kid’s homework time that would pull me back into bad habits and convenience foods.

After my son was diagnosed with diabetes, I spent a lot of time educating myself about the effects of different foods on your body and how they affect your metabolic processes. Through many workshops, much research and my own trial and error, I realized there was no magic food, no quick fix, no crazy calorie restrictions or any specific diet that was the key.  **It was about making maintainable and consistent changes in daily eating habits to optimize nutrition.** Sounds so simple, but yet so daunting! After a year focused on my own nutrition, a certification in Fitness Nutrition as well as coaching several clients, the best I can tell you is the secret lies in maximizing your nutrition to fit your individual needs.

If you are ready to take a new look at your diet this year, be accountable and get some coaching help, please consider some of KBC’s nutrition services. From 1-on-1 coaching to small group workshops, I will work to help you become stronger, healthier and leaner from the lot to your fork!

Amy