

SPOTLIGHT ON:

Michelle Ashby Fitness & Life Coaching

I help health conscious women whose body frustrations cause anxiety to finally find balance and feel confident in their own skin.

Are you fed up feeling unhappy in your own skin? Feeling overweight? Don't like what you see in the mirror or what you tell yourself in your head? Do you bully yourself about the way you look and have low self-esteem?

If you are tired of feeling like you are on a hamster wheel of diet and exercise programmes, feel like you let yourself down all the time, or that you wish you could just be "normal", then read on....

Imagine reaching your ideal weight and being able to wear whatever you wanted no matter what day it is. Imagine looking at a menu and picking what you wanted not considering the fat or calorie content. Going on holiday without having to crash diet before or going to the gym just because you enjoy it!

As a trained Life Coach & Personal Trainer I have created a brand-new programme designed to work from the inside out. We will spend time unravelling and understanding the thought processes you have and replace these with healthy and balanced approaches that last a life time, combined with an exercise and nutritional programme.

WARNING. This is not a diet, it's a lifestyle change!!

This programme is suitable for those that are serious about making a commitment to themselves to end the years of frustration and time wasted on fad diets and destructive behaviour. It is NOT a quick fix to get you beach ready, but a long-term solution so that you never diet again.

If this sounds like you and you are finally ready to



make peace with yourself and feel comfortable and confident in your own skin, then contact me quickly as there are only limited places available. I will then be in touch to discuss in more detail.

Get in touch ASAP so you don't miss out!

Personal Training & Life Coaching can also be done in isolation.

(Advertising Feature)



**Michelle Ashby
Fitness &
Life Coaching**

**"Change your thinking,
Change your body"**

**I help health conscious women
whose body frustrations cause
anxiety to finally find balance
and feel confident in their
own skin.**

Face to face and online
programmes available.

**Contact me at:-
info@michelleashby.co.uk or on
07787 400974**

