

New Video Course Available

Welcome! The Best Way to Get Started on Trim Healthy Mama ~ Video



by My Healthy Journey For Life

I know that choosing someone to help you on your health journey is a big decision. You need to have someone walking along side you that you can trust has your best interest at heart! Because of that I have created an introductory video to help you get to know me better without any strings attached. You can take a little less than 20 minutes of your time to see if we would be a good fit without every having to ask about

any coaching services.

In this intro video I give lots of great tips on how to get started on your healthy journey with the Trim Healthy Mama approach that you can use whether or not you ever join one of my classes or hire me as a coach. I also share with you my heart on the best way to make a change for life, how to make this something that sticks instead of another short term sprint.

You get all this info for just \$5 and you will never have me hunting you down just because you watched the video, I promise! If after you watch the video you decide you do want to join one of my groups or hire me as an individual coach then you will get that \$5 investment taken off of the price of whatever group or package you choose.

To sign up for the video simply go to this page on my blog to register for the video. This will not sign you up for anything else, so don't worry about that, you simply have to register for access to the video. You won't receive anything else unless you ask for it. <https://myhealthyjourneyforlife.com/courses/>

Please let me know if you have any questions!

Have you ever considered getting a coach to help you on your journey but you aren't sure what a coach could do for you? Contact me for a free consultation. I can explain to you how I would help you with no strings attached.