



## Christine Woods

Christine holds a master's degree in exercise physiology and a bachelor's degree in psychology.

She is certified by the American College of Sports Medicine as a clinical exercise physiologist and she is a certified nutrition coach with Precision Nutrition.

Christine offers individual nutrition and lifestyle coaching as well as personal training and small group training classes. Christine also presents workshops and seminars on nutrition and wellness both independently and as a Master Instructor for the National Academy of Sports Medicine (NASM) and the Athletic and Fitness Association of American (AFAA).

Christine has been helping clients achieve their health and fitness-related goals for over 20 years and looks forward to helping you achieve yours!



To learn more about  
FUELING LIFE  
and other services, visit  
[www.ChristineWoodsFitness.com](http://www.ChristineWoodsFitness.com)

or

send an email to  
[Christine@ChristineWoodsFitness.com](mailto:Christine@ChristineWoodsFitness.com)  
with any questions.



## Christine Woods, MEd

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A customized approach to healthy eating and living designed to fuel, empower and enhance your life!

## Program Description

FUELING LIFE is a nutrition and lifestyle coaching program that takes a customized approach to healthy eating. With me as your coach, we will discover the food and lifestyle choices that best support *you*. This program uses a process focused on gradual change, so your new habits are achievable and sustainable for a lifetime. During our strategic coaching sessions, we will set small but meaningful goals based on your needs and your relationship with food. Then we'll figure out how you can achieve these goals—together.

FUELING LIFE will be different from any weight loss or nutrition program you might have tried in the past. If previous attempts have left you disappointed, you have my word: this will definitely be a positive experience!

## Why Should I Join?

You have your own reasons for wanting change—and the ability to make that change happen. But nutrition can be a confusing area to self-navigate, considering all the information out there. It's easy to get confused about what good nutrition is and what healthy eating strategies work. Not to mention, there is *no* "one-size-fits-all" solution. This is where the power of nutrition coaching comes into play. I have the knowledge, the passion, and a proven system to help you achieve your goals.

Do you want to:

- improve your eating habits?
- understand your body better?
- be more comfortable in your own skin?
- make self-care a priority?
- feel capable of choosing and preparing better food?
- experience an increase in overall happiness and energy in your life?

Our coaching sessions will discuss your unique situation. I'm here to listen, support you and customize a plan that works best for YOU.

## Welcome To Fueling Life!

Over the course of this 12-week program, we will improve your health and happiness through education and exploration.

You will receive :

- a PDF workbook
- biweekly coaching sessions
- email support between sessions

Each week, you will get information through weekly lessons, complete exercises to help you understand and monitor your behavior, and analyze your behavior so that we can be clear and deliberate about the action steps you decide to take.

This is not about tackling a big problem with a huge solution. Small steps can accomplish large goals. This is the best approach for steady progress.

If you are clear on why this journey is important to you and you are ready to take control of your health, then you are in the right place. Welcome to FUELING LIFE!