



Featuring *The Healthy Edge*

SHED Fat
Inches
Pounds
Emotional Eating
Self-Sabotage
Dieting

Ask Yourself...

- Do you find yourself knowing what to do but just can't seem to get started or follow through?
- Do you want to improve your relationship with food and improve my fitness?
- Do you want to improve your inner strength, relationships, emotional balance or simply improve my quality of life?

What is *The Healthy Edge* at Infinite Wellness at 501?

The Healthy Edge directed Lifestyle program is not a "quick fix or fad diet". It is simply implementing nutritional habits based on whole foods and low glycemic index and shedding self-sabotage and emotional eating. Health coaching provides accountability and support and will provide opportunity for you to dig into your belief systems and empower you to build your inner strength so your health is a journey not a quick fix. Complete the program anywhere online AND receive health coaching in person or skype or phone. [Schedule a FREE Breakthrough Session](#)



Why Health Coaching?

Stacey as your Health Coach will support your through The 8 week Health Edge lifestyle program. Our program is different than any other because we get to the WHY and BELIEF SYSTEMS that create obstacles for being the best version of you.

What Is Included?

- ✓ 8 week Online Support Program
- ✓ Weekly Audios and Videos
- ✓ Private Facebook Group
- ✓ Stacey as your Health Coach
- ✓ Over 250 Recipes, Grocery List, and Meal Plans
- ✓ 8 FREE Weeks FitRanx Workouts at 501

**Schedule a
FREE Breakthrough
Session Now**

The Health Edge Content

Empowering Audios Topics

You may know WHAT to do, but you don't do it. You do well for a while and then you stop. Why? Unlike diets that focus only on outside results, the empowering audios will support you in addressing what is leading to your self-sabotage inside. These audios are designed to provide awareness and breakthrough around your inability to get and keep results as well as your emotional stronghold to food. When you heal from the inside out, there is nothing that can stop you! Topics we will discuss include:

Cost versus Benefit. Not sure why you are not as motivated as you should be in your health journey? Look at your health and life in a whole new light with this powerful technique.

Be, Do, Have. How do I move forward and get something different when there is so much that I still NEED? Discover the power of "being".

Belief Systems. This is where self-sabotage originates. Awareness is the first step to fully overcoming the belief systems holding you back. Get ready to discover your major belief systems and have BREAKTHROUGH that will bring freedom and lifelong results to your health journey.

Victim vs. Empowered. Learn about the mindset that will keep you exactly where you are no matter how much you desire to change. Regain your power and control and unleash the possibilities.

Resistance, Resentment and Revenge. Are you resisting your health journey? Do you have negative emotions around yourself, other people or your current situation? Get ready to set yourself free with forgiveness and awareness of where the 3 R's are holding you back from your healthiest and most joyful life.

Fact vs. Meaning. As humans, we make up stories about every event in our lives. Are your stories moving you forward or are they an anchor? Learn an incredible technique to re-write the past to work for you, rather than against you.

Defining Self-Worth. Self-worth is the opinion you have and the value you place on yourself. Are you worth the time, energy and money to be healthy? If you are wavering in this area, get ready for insight and inspiration on how to build confidence and create a solid foundation to ground your worthiness.

Setting Boundaries. Identify your boundaries in your health journey and learn how to protect them. Learn how to get to your abundant life quicker and easier!

Surrender. Get to the heart and soul of what it takes to live the abundant life forever. Get ready for breakthrough that moves you from a prison of rules (following your program exactly) to just living your life because you emotionally and physically WANT to.

Educational and How-To Video Topics

Each week's coursework will include an educational/how-to video on various topics pertaining to a healthy lifestyle.

Course 1: Getting Started. Get practical steps you can do RIGHT NOW to set yourself up to win in your Healthy Edge journey. These are proven techniques that lead to success in your health and weight release. Get bonus downloads: "Healthy Edge Guide to Oils" and "Healthy Edge Easy Portable Food".

Course 2: Cravings and Weight Gain: Insulin Resistance and Low-Glycemic Eating Are uncontrollable cravings holding you back? **Belly-fat frustrating you?** Topics such as metabolism, calorie counting, appetite, fat burning and eating to release weight are discussed

Course 3: Eating Out and Eating at Work: **Get control over your workplace** so it doesn't control you. Learn the basics of staying on track at work including ideas for preparing for your workweek. Learn the basics of staying on track at work including ideas for preparing for your workweek Get 10 easy tips that will keep you on track when ordering at restaurants, without feeling deprived.

Course 4: Exercise on the Edge. Are you a victim to exercise? **Do you lack time, knowledge or motivation?** This video will give you an entirely new outlook on exercise that will give you power and freedom. Learn your healthy body fat percentage, how to eat before and after workouts to burn maximum calories, how to stay motivated or ruin your motivation and how your body burns carbohydrates, fats and proteins during workouts.

Course 5: Reading Food Labels Part I. A food label is way more than the nutritional facts. Learn where to look on a food label to make a healthy decision. In this video we explore enriched flours, sugar, sodium and MSG. See actual food labels of products and decipher if it is a healthy option or marketing techniques masking it as healthy. Learn about what products to buy organic and what reliable and unreliable labeling looks like.

Course 6: Reading Food Labels Part II. This is the most shocking of this video series. **Learn the top 10+ food additives that could be robbing you and your family of your optimal health.** Get the latest research on artificial sweeteners, artificial colors and preservatives that are found in almost every processed food on the shelves. Learn the side effects of these chemicals and where you will find them.

Course 7: Maximizing Fat Loss: Stress, Sleep and Caffeine. Stress can be physical, emotional or psychological...your body can't tell the difference. **Learn how stress may be affecting your thyroid, liver, adrenal and digestive health.** Learn a technique that can literally stop the release of your stress hormones that you can do ANYWHERE!

Course 8: Where Do We Go From Here? Learn how to truly measure your success. If you feel you may be stuck in your weight release, this video will support you in addressing what else may be playing a role in your body holding onto the weight. Get empowerment on how to continue on this journey by setting proper boundaries, creating a powerful support group and having a vision for your life.