

Designed by Fitness Experts, Nutritionists, & Registered Dietitians with Over Thirty Years of Proven Success

Founded in 2013 by former gym owners Carolyn & Paul Fetters, Balanced Habits™ provided a way to make a bigger and more permanent impact on the health of their gym members. Their philosophy behind weight management focuses on empowering people by providing the knowledge, tools, and live personal support to achieve long-term success. Designed with the support of Nutritionists and RDN's, Balanced Habits™ is a nationally accredited program that has supported nearly 200,000+ clients to reach their goals throughout North America.



"Any age, weight, gender, or level of activity would benefit from this program in my opinion."

Elaine - Estevan, SK

"Once I learned how much I could eat & how often, I soon learned how easy this would be. This program helped me lose weight but it took care of many other problems: I sleep better, I feel much better, I think better, I don't crave sugar."

Jill - Kennewick, WA



Michelle Rico recommends **Balanced Habits Programs**

June 12, 2018

I wish I would have learned about this basic nutrition years ago! Truly incredible, no nonsense, real food program!



Colby Renee recommends **Balanced Habits Programs**

June 11, 2019

2 years later and I am able to keep my weight down, have more energy and feel good about myself

No More "One-Size-Fits-All"

Achieving Unique Goals Begins with Designing a **Customized Nutrition Plan** That Will Completely Change The Way You Think About **Nutrition**



Get started by scheduling your free nutrition consultation with a **Balanced Habits™ Certified Food Coach** by visiting

yourbhlife.com

A Lifestyle Approach to Nutrition

There's no question that when you add a nutrition plan to your fitness, **your results will sky-rocket!**

But did you also know that the **right nutrition plan**, one that was built specifically for you, designed around your current lifestyle, and created with your unique preferences, restrictions, and body in mind, you can also...

- ✓ Drastically Improve your sleep quality
- ✓ Increase your energy 10-fold
- ✓ Minimize & avoid a number of preventable illnesses
- ✓ Increase muscle mass
- ✓ Live a much more sustainable and fulfilling life!

Balanced Habits™ LIFE is a customized one-on-one nutrition program where you'll be coached to discover what works for you and your unique body regarding food, and be supported to develop effective strategies to sustain your new and healthier habits long-term. You'll be amazed how simple weight management can be once you learn how to balance real food, in the right portions, to reach your long-awaited goals.

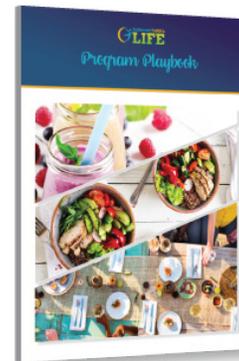


What Comes With The Program?



LIFE Digital Booklet, Mobile App, & Journal to learn the basics of a macronutrient based diet, along with the tools to plan and record your meals so you can gain control of your relationship with food.

Meal Planning, Recipes, & Macronutrient FoodChart to provide you all of the tools to personalize your journey & discover what works best for you.



Personal Coaching to provide the guidance & accountability needed for you to stay committed to your goals ever step of the way.

Periodic Check-ins & Journal Reviews to track your progress & to learn the key areas where you can improve on your journey

yourbhlife.com

