

Resources

Resources...

And free stuff!

What do you need to help you eat better and improve your fitness levels?

What do you want? What do you need?

Spend some time on these free resources, helpful links and investigate the tools and informative articles to help you lose weight, improve your eating habits, increase your fitness level, or just feel better.

Assessment links

Visit this page for various links to help you determine how many calories you need, what your BMI is, etc. Be sure to visit often, as this page is updated with more helpful links.

Health articles

Do you want to learn about a popular diet? Maybe you're unclear about the truth about organic foods. Check out the articles to see if one can help clear up some confusion or open your eyes to a new concept. Feel free to use the articles, also, but please include my contact information.

Health professionals

I no longer offer nutrition counseling services; my services are entirely coaching services, today. However, I believe it is important that if you are looking for a nutrition professional to help you with your particular health issue, that you use a registered dietitian (RD). This page will help you find a qualified RD.

To learn more about my services, [click here](#)