

HEALTH COACHING FOR HEALTHCARE PRACTITIONERS

Are you overwhelmed and exhausted and feel like there's no time left for YOU?

- Do you put everyone and everything else before your own health?
- Are you struggling with how to fit in exercise after working 12-15 hour shifts?
- Do you know exactly what you *should* do to take care of yourself, but it's just not happening?
- Have you gained weight due to stress-eating, and ready to take it off?
- Are you ready to feel energetic and sexy and to fully love yourself again?

As healthcare practitioners, it's easy to lose sight of your own wants and needs, when you're so busy taking care of everyone else.

It's time to take care of YOU. You deserve it!

Are you ready for a change? Let's talk! Schedule your complimentary 15-minute consultation to discuss your unique situation and your goals. Visit rawfitnessandnutrition.com, email amanda@rawfitnessandnutrition or call Amanda at 718.864.8700.

How would it feel if...

- You woke up everyday feeling energized and ready to tackle the day?
- You felt calm and clear-headed?
- You were in control of your food choices and cravings?
- You dropped the weight and feel in love your life again?
- You felt like yourself again?
- You had the support and accountability to reach your goals?

Amanda Carneiro is a holistic health coach, personal trainer, and fitness nutritionist who empowers healthcare practitioners who are exhausted and overwhelmed to find uncomplicated ways to minimize their stress and to make themselves and their health a priority.

Services include:

- 1-on-1 Virtual Health Coaching
- 1-on-1 Personal Training
- Virtual Group Coaching
- Custom Workout Program and/or Meal Plan
- Grocery Store Tour
- Pantry Clean Out

Together we can reclaim your health and create a life more joyful than you ever imagined!

call for a free 15 minute consultation

TESTIMONIALS