

# Today Coaching

*...Tomorrow a New Beginning*

Losing weight can be a struggle, and keeping it off can feel like a losing battle. We know that exercise and nutrition go hand in hand when losing pounds as well as maintaining a healthy weight. What we didn't know was how important personal coaching can be to long-term success of any exercise and diet program. According to a large clinical study sponsored by the National Institutes of Health, personal coaching proved the most beneficial by the end of the 2.5 year study. This study, the largest and longest-lasting trial to date testing different strategies for weight loss maintenance, compared the success rate of three approaches: personal coaching; an interactive web-based program; and self-directed maintenance. Personal coaching was the winner!

If personal coaching is so great for weight-loss maintenance, it's probably even better during the first few months when losing weight can seem like an up-hill battle. That's why Shawn Manning and I have teamed up. I'm a Certified Professional Family & Life Coach and know how to support you during the tough times – I've got the coaching skills, but I've also been there and understand your struggle. Having yo-yoed much of my adult life, in the last 6 months - just since I've been working with Shawn - I've lost twenty pounds. I know your resistance to getting started – I remember how hard those first few weeks are, and now, as I'm winding down to my maintenance level, I also understand how easy it can be to lapse back into bad habits.

Your new life is right around the corner. Are you ready to make a resolution and stick to it? Just think about where you could be next year at this time IF you reach your goals. Shawn and I are here to help you get there. Sign up for The Ultimate Transformation Package today and make a real difference in the quality of your life.

For more information about achieving your goals, contact me, Fran Rudolph, Certified Family and Life Coach, at [fran@todaycoaching.com](mailto:fran@todaycoaching.com) or Shawn Manning, best fitness instructor in the county and owner of Headstrong Athletics at [shawn@headstrongathletics.com](mailto:shawn@headstrongathletics.com).

All the Best for 2009!

*Fran Rudolph, M.A.*