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 **Nutrition Coaching...**
**"because life can
 get in the way of
 the best intentions."**

RAMONA JOSEPHSON
 RDN B.Sc. Hons. Dip. Ther. Diet

Welcome

Welcome to my site!

Are you tired of struggling with your weight?
 Confused by the array of diets?
 Do you need to change your eating habits for your health's sake?

Well, take heart. You're not on your own. The road to a healthy lifestyle can be easier than you think.

I know. I've traveled the distance with hundreds of clients.

Eating well is not about denial or willpower. It's about living with choices that fit your lifestyle.

Nutrition coaching has proven to be the most effective way to achieve lasting results. Through structured conversations and learning activities, you will build new eating habits that you can sustain. . . *even when life gets in the way of the best intentions!*

Nutrition coaching recognizes that changing habits is a process of self-discovery, as you confront old habits and acquire new ones that you can live with and enjoy.

As Your Nutrition Coach and mentor I will guide you to acquire the skills and tools to systematically build your own Turning Points Plan, and to keep you focused on your goals, so that you can achieve and enjoy lasting results.



NOW ONLINE!

Free! Register now for [NUTRITION BYTES](#) by email

Register for [COACHING WORKSHOPS](#). **Next Workshop April 20th**

Book [ONE ON ONE COACHING](#)

Order [MY BOOK](#) - the HeartSmart Shopper - Nutrition on the Run

Contact [RAMONA](#) at ramona@direct.ca

