



## Improve your health with a pantry makeover!

Get support from a health coach in removing unhealthy food choices and replacing them with healthier options.

A fun and simple family project!

### Do you want to...?

- ✓ Make healthier food choices & know what products to buy.
- ✓ Learn simple skills to make healthy food choices simple and easily accessible.
- ✓ Teach your kids a valuable life skill of healthy food choices.



The pantry makeover helps you take the knowledge learned in the adult and parents programs and practice your skills in real life! You will practice the health skill of traffic light eating and label reading to clear out your pantry of unhealthy food choices and replace them with healthier go-to food options.



### Topics covered include:

- ✓ Overview of Traffic Light Eating
- ✓ Indepth label reading tips for better health
- ✓ Practical skills for removing unhealthy items from your pantry
- ✓ Learn what food choices are better for your health
- ✓ Downloadable tools and tracking aids
- ✓ Interaction with a health coach to address your specific needs
- ✓ Time and money saving ideas and tips
- ✓ Any many more tool and skills to put into real life practice!



This LIVE virtual health coaching session will provide support and fundamental life skills to improve health through better food choices.

We are not the food police and do not make you replace anything you do not want to change. We simply educate and let you decide where you want to go from there!

Have questions? Please send us an email or set up a FREE 30 minute consultation to learn more!



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📍 Online Programs & Coaching  
LIVE workshops in WA & HI



- Certified Health Coach
- Master Personal Trainer
- Group Exercise Instructor