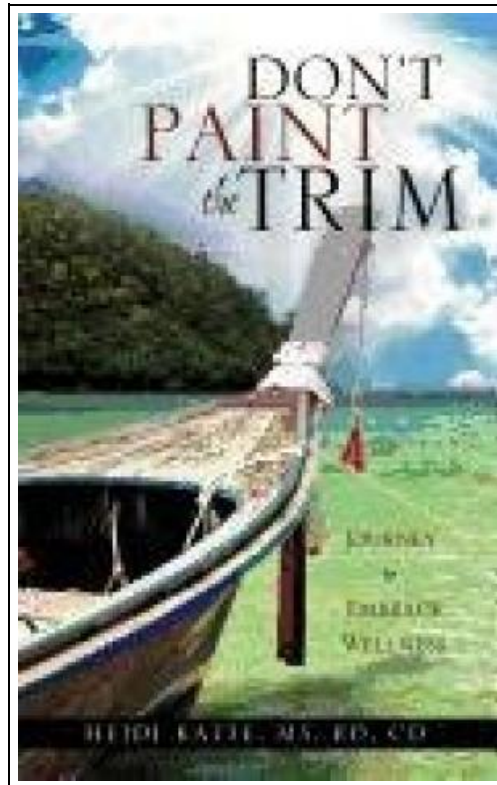


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Xulon Press, United States, 2010. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. CHANGE YOUR MIND.INVIGORATE YOUR BODY.LIFT YOUR SPIRIT.EMBRACE WELLNESSThis timely and practical tool will assist you on your journey to finding true health and wellness. The author steps you through five key components to achieving wellness: Healthy Meal PlanningPhysical ActivitySelf-ManagementSocial NetworkSpiritualityOn your journey to wellness, you will likely encounter different pieces of your life that influence, engage and may even change you. How you press onward on your voyage may be turbulent, but equipped with these elements, the balance you will achieve in your life will steady your way.After practicing as a clinical dietitian for over 10 years, Heidi Katte began to realize that teaching people how to eat healthy was more than explaining guidelines. This process is multi-factorial and complex, from identifying behaviors to assisting with making change. It is her professional mission to educate and to empower individuals to make healthy choices in mind, body and spirit, naturally. She started her own dietetics consulting company in 2000 called Healthy Balance Enterprise, LLC, to offer clients ideas to implement into their lives to make lifelong healthy choices. Her goal for this book is to provide practical application skills for the masses to incorporate healthy choices in meal planning, physical activity, self-management, support networking, and spirituality. Heidi and her husband Ryan have three beautiful daughters.



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