

Achieve A Healthier Life & Weight with Balanced Weight Management

Plant the Garden of Your Life With Seeds of Well-Being



Reap Your Harvest of Health and Friskiness!

www.balancedweightmanagement.com by Bob Wilson BS, DTR

Discover

- How to practice the art of dynamic, holistic, mindful, and compassionate self-care
- How to have *fun* as you learn to achieve a healthier weight and life
- How to develop a loving, self-nurturing, inner voice, for you
- How to step-by-step achieve health of body, mind, and spirit

Explore

- How to become your own lifestyle self-manager as you cultivate twelve essential skills that create life-long well-being, a healthy weight, and a more vibrant friskiness
- How to cultivate ongoing support for yourself
- Hundreds of excellent resources & recipes for whole-person health
- Bob's story where he shares the deep emotional challenges he faced and the skills he learned which helped him keep off about 250 pounds for over 39 years
- Lifestyle Coaching: My goal is to empower each person to become a loving caregiver (their own life-style COACH) to their body, mind, and spirit; in effect, to learn how to nurture, honor, and respect themselves as they embark of their journey towards a healthier life.