

# **CARVE YOUR BODY – TRIM IN 6**

By Bessie Neshan

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*Trim in 6 is not a diet; it's not a program. It's a lifestyle. Let's get back to basics. Think of yourself as a sculptor and your body as the clay. You can "carve your body" into whatever you desire, but it starts with a complete, multi-faceted approach.*

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My name is Bessie Neshan, an International Fitness Professionals Association Certified Lifestyle Fitness Coach, Sports Nutrition Specialist, Personal Trainer, Fitness Group Instructor and Zumba Instructor with many years of fitness training and coaching experience and I'll explain the tools necessary for lifelong success to optimum health.

I will address the "complete package" of every health component needed to "carve your body." They are all connected and there is an inseparable connection between Motivation & Commitment, Emotional Support, Nutrition, Exercise and Stress Management.

Here's how I will address these vital topics:

**MOTIVATION & COMMITMENT** – How can you get excited about starting a healthy lifestyle and stay excited? The mind significantly affects the success of any weight loss or exercise program. You will learn how to realistically assess your level of commitment towards change, learn how to set attainable goals and reach them by changing old habits into new ones.

**EMOTIONAL SUPPORT** – For many people, emotions have a direct link to the food choices they make or the activity they avoid. Learn valuable guidelines and tools to help break the link between emotions and food. The end result – you will be in control of food – not food in control of you!

**NUTRITION** – Knowledge is power! It's extremely important to learn not just what to do, but also why you should do it. A healthy and balanced approach to fat loss is introduced by understanding how food affects the body. You'll learn the importance of – eating a variety of high quality foods – in the proper combination – in moderation – at the right time.

**EXERCISE** – The important health benefits of adding exercise and 'functional fitness' to your lifestyle will be emphasized. Exercise principles such as type of exercise, frequency, intensity, and duration will be discussed and designed.

**STRESS MANAGEMENT** – Stress is inevitable in today's modern world. Practical suggestions will be explained that can help you reduce stress levels. In turn, this will help you achieve optimum health and more importantly, you'll feel good... inside and out.

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*Your health and longevity deserves a multi-faceted lifestyle approach. There's no one solution to better health. There's no magic bullet.*

*Let's take a systematic, step-by-step approach in "carving your body." It's synergistic. Addressing all these areas together will yield such a higher success rate than if you just addressed one of these areas alone.*

**That's what Carve Your Body - Trim in 6 will do for you.**

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