

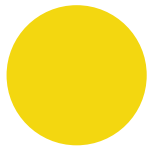
You will lose weight.

With the right support, you can have a lean, healthy body and increase your energy. People will notice a positive presence around you. You will have insight about situations that used to confuse you when you were stuck in the food. Your whole life will change.

It's ready for you!

This time you will be amazed as the weight drops quickly. You will want to keep pinching yourself, thinking, "How am I doing this?" The answer is...not by yourself! Your team is! All together! It's an amazing experience and a totally different way of achieving goals. A way that actually works. You have to experience it to believe it. Come in for a no-cost consultation and you can get all your questions answered.

It's not as expensive as you might think. The program is available for one low price that is comparable to all the other weight loss programs, but they don't have the team that EasyLife has.



EasyLife

*Lead with your true self
and the body will follow.*

Testimonials...



"For the past eight months I have been referring patients to Kelly for assistance with food behavior and weight management. Kelly's program brings a unique blend of life skills, development, and behavioral counseling that really helps people change their relationship with themselves and food. She offers a comprehensive program that includes nutritional counseling and personal fitness training that has been the most successful weight loss program that I have ever seen."

Ananda Stiegler, ND
Village Health Services



"Kelly understands the habitual despair and many of the complex issues that stand in the way of long term success for the compulsive overeater. Her honest and helpful suggestions leave no doubt that she can put herself in someone else's shoes and gently but firmly help them navigate the bumpy road to health and serenity. She does not proclaim one method but presents an array of techniques and openness to the uniqueness of the each person's special journey. This is her gift. Because of Kelly, I am no longer hopeless."

Doreen Ytteroy

Call me today for a complimentary session

- The tools you learn here last a lifetime.
- You never have to return to overeating again.
- Get a totally supported plan of action.
- Your success is my focus!

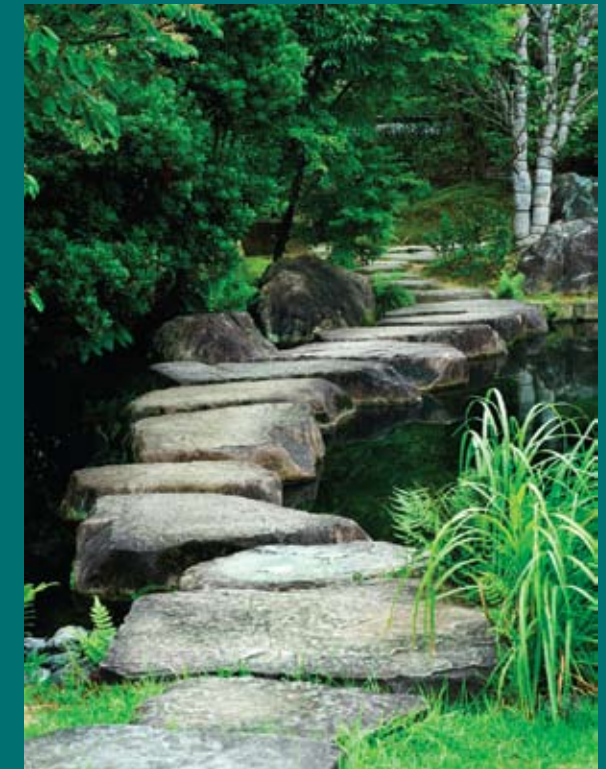
Kelly LaCost

(541) 337-1902

kelly@easylifecoaching.com

www.easylifecoaching.com

EasyLife Coaching



Weight Loss Coaching Kelly LaCost

*A Powerful Team for a
Life-Changing Journey.*

EasyLife combines 7 major components of successful weight loss into one program!

- Are you done with being overweight?
- Are you ready to do something about it?
- Have you tried everything else?

My Story...

I am a motivational life coach specializing in weight loss. I have created a 16 week program from my own 110 pound weight loss journey. My top weight was 300 pounds! I was determined to not spend the rest of my life this way. I tried every program, diet, and gimmick out there. When I finally found the answer, I realized why I hadn't found *the* answer...there was no *one* answer! I had tried one thing, *or* the other. So I put them all together, at the same time. It was an amazing experience and it worked!



Me at 300 pounds



Me now

I do not sell you pills or products.

Easy Life combines 7 major components of successful weight loss in one 16 week program!

- **A Life Coach**
You will have sessions with a professional Life Coach twice a week, one-on-one in my office in downtown Eugene. These appointments keep you on track, accountable and motivated!
- **A Registered Dietitian**
You will be fully supported by a registered dietitian who will work with you continuously throughout the entire 16 week program.
- **A Fitness Program and Personal Trainer**
The fitness component allows you to choose your own fitness program; there are three to choose from:
 - A gym membership and one-on-one personal attention from Certified Personal Trainers.
 - Dance classes- choose from Jazz, Tap, Ballet, and even Hip-hop.
 - Water aerobics or lap swimming at the pool.
- **An EFT Specialist**
You will work with an EFT Specialist to reduce or eliminate the negative emotions that drive food behavior.
- **A Motivational Workshop**
This workshop will empower you and help you understand the creative process that allows you to create your life in any manner that you choose.
- **Cooking Classes**
You will learn to cook beautiful, healthy meals in a fun and relaxed learning environment.
- **Reiki**
Reiki is a safe, natural healing system that brings balance and harmony to the whole person.

*This time you can do it!
Because this time we are all with you,
every step of the way.
Stop trying to do it alone.
Let us help.
You will be so glad you did.*



*You will be in
alignment with
who you are!*

A Powerful Team

No more slipping through the cracks! This time you are completely covered and supported. I know first hand how hard this is and how many things you've tried, I did it too. I thought I didn't have enough will-power, but I didn't have enough people! Come and let us carry you until you can carry yourself.

Call me today! You deserve it!

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