



**RHONDA LIEBIG**

*Personal Trainer and Health Coach*

# How To Fit Into The Body That You Love

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## Your Perfect Body

- Wake up in the morning high energy
- Look in the mirror and loving what you see
- No bloating
- No more 3PM slump
- Feeling many years younger



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## Why should this discussion be important to you?



- Self Sabotaging yourself without even knowing it.
- My top 10 key factors for losing weight
- How can I help you? I have been there.

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## My Scenario

- I would wake up feeling like a million bucks, slender ready to rock, but by the end of the day...I would feel bloated and uncomfortable.
- Never feeling slim, and constantly bloated



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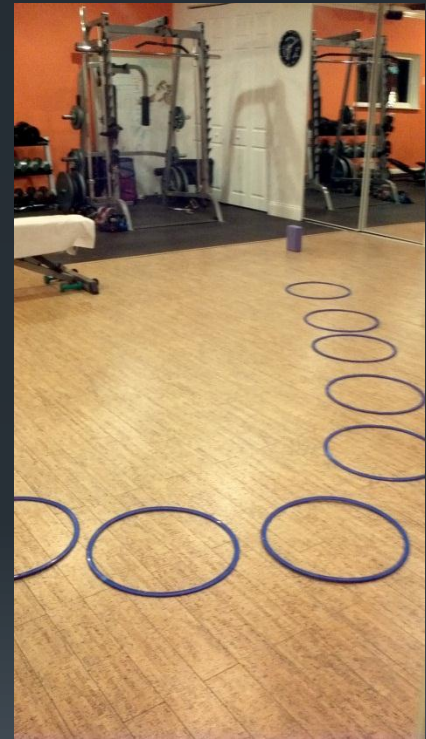
- “Just because you’re not sick doesn’t mean you’re healthy.” –author unknown
- “Most people have no idea how good their body is designed to feel.” Kevin Trudeau

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## Top 10 List

- Take your supplements – bridge the gap
- Get Your Workouts lined up
- Internal Imbalance
- Eating Foods solely for the losing weight mind-set
- Stress Out of Control
- Watch Out For Gluten
- Listen To Your Food Cravings
- Learn how to start your day successfully
- Primary Food
- Silent Inflammation





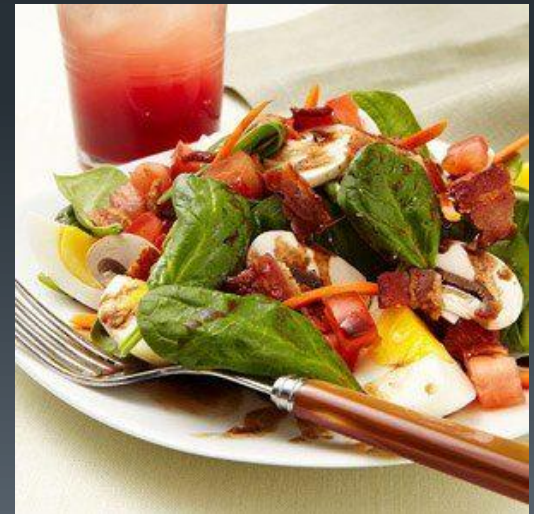
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## So Let's Talk About Food

- Eat the foods that are going to give you the highest nutrients and the biggest bang for slimming you combined all in one. Using Dr. Fuhrman's nutrient density scores the highest nutrient foods are:

▪ Kale	1,000
▪ Collard Greens	1,000
▪ Bok Choy	864
▪ Tomato	186
▪ Strawberries	182
▪ Onion	107
▪ Vs.	
▪ White Bread	17



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## How To Implement

- 1) Crowd out the bad foods
- 2) Do a detox: <http://rhondaliebig.com/2013-you-detox/>
  - Reset Your Body
  - Reset Your Taste Buds
  - Keep Your Beauty Factor
  - Learn About What Your Food Allergies Are
  - Bring Down Your Inflammation down
  - Bring Your Slim On





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## 28 Days – Detox

Bonus for being on the call ~~\$397~~ \$100

You receive a 33 page booklet for total support  
Daily E-mails to guide you and keep you focused  
Weekly Shopping Lists

<http://rhondalieber.com/2013-you-detox/>



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## What Are They Saying

<http://rhondalieber.com/2013-you-detox/>



....since I have been doing this cleanse I feel 50 times better...I feel like all the gears are going again mentally and physically...I have much more energy and I feel lighter.

Alexandria Lopes

I learned how to eat healthier through this process that Rhonda has set up. The cleanse gave me that kick and got me started me on my healthy journey. Before the cleanse, I didn't feel like I had an understanding of how to tackle my eating habits. I have so much more energy!

Jennifer Perfler

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## Remember to always...

- Integrate ∞ Transform ∞ Thrive



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Have A Wonderful Day and Thank  
You For Joining

*Rhonda Liebig*

**RL Personal Trainer & Health Coach**

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