

WHEN WAS THE
LAST TIME YOU
TALKED WITH
SOMEONE
ABOUT YOUR
HEALTH AND
RECEIVED THE
PERSONAL
ATTENTION YOU
DESERVE?



Michelle strongly believes that adding healthy foods, movement (exercise) and purpose to your life, will help you become the Best Version of Yourself.



Michelle Vahey

"Believe in yourself. Take time to become a healthier and happier YOU, doing so will make everyone around you happy too."

Michelle's passion for fitness started at a very young age, as a gymnast and dancer she was always worried about her weight and what to eat, that led her into seeking a Culinary Degree and minor in Nutrition from Johnson and Whales University.

Michelle is a Certified Health Coach with IIN (Integrative Institute of Nutrition in New York City), Certified by the American Association of Drugless Practitioners (AADP) Certified TRX Instructor, Certified Personal and Group Personal trainer with AFFA, a 200 Hr. Registered Yoga Instructor, Certified Aqua Fitness Instructor and VBarre Instructor.

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VIDA PERFORMANCE HEALTH COACHING

'Eat Clean Live Clean'

COULD ONE CONVERSATION
CHANGE YOUR LIFE?



FOOD CHANGES EVERYTHING.

IMAGINE WHAT YOUR LIFE WOULD BE LIKE IF YOU HAD CLEAR THINKING, ENERGY, AND EXCITEMENT EVERYDAY.

It's often rare for anyone to find an hour to work on improving his or her health with a trained professional. Join me for a FREE one-hour health consultation to discuss your unique situation and determine how I can help you reach your personal goals. Together lets find what really works for you.

NO ONE DIET WORKS FOR EVERYONE.

As an Integrative Nutrition Health Coach, I am your personal advocate for living an energized and passionate life. I work with my clients to help create happy, healthy lives in a way that is freeing, flexible and fun. By working together, we can discover the food and lifestyle choices that best support you. Making gradual, lifelong changes enables you to reach your current and future health goals.

HAVE YOU BEEN WANTING TO:

- **Improve your eating habits?**
- **Understand your body better?**
- **Make self-care a priority in your life?**
- **Experience an increase in overall happiness in your life?**
- **Feel confident in choosing and preparing better food for you and your loved ones?**



WELCOME TO YOUR PROGRAM!

Your personalized program will radically improve your health and happiness. Together, we'll explore concerns specific to you and your body and discover the tools you need for a lifetime of balance.

During the course of the program, you will:

- **Set and accomplish goals**
- **Explore new foods**
- **Understand and reduce cravings**
- **Increase energy**
- **Feel better in your body**
- **Improve personal relationships**

Your program includes:

- **Two one-hour sessions per month**
- **Grocery shopping tours and techniques**
- **Email support between sessions**
- **Handouts and other materials**
- **Food samples and self-care products**
- **Newsletters**

Find out more by scheduling a FREE one-hour health consultation.
Contact me at: michelle@vidaperformance.com (302) 530-0426