

LibbyMills

Lifestyle Coach

Better Living for Busy People

Program Testimonials

After completing 12 weeks of Weight Management I feel “terrific! It was a wonderful course which I would recommend to any one concerned about their weight.”

After completing 12 weeks of Weight Management I feel “thinner, fitter and restored self-esteem.”

I am “down 3 waist sizes.”

“ I’m in more control of my weight and what I eat.”

“I feel I really like myself now that I’ve lost the weight. I have more energy. I enjoy exercising. I’ve dropped 2 clothing sizes.”

“The materials were excellent. I learned more about food and nutrition from the book and the classes than I thought I would.”

“Libby is very knowledgeable. I liked the individual teaching for my specific situation.”

“...Whoever found her [Libby Mills]...,five them a BIG HUGGGGG from me. I met with her for just the initial consultation. She’s awesome, simple awesome!!!! I can’t wait to attend the sessions here... Everyone should have a ‘LifeStyle Coach’ at least one in a lifetime.”

“Libby listened and made lots of suggestions. She encouraged our group to share problems, ideas and solutions. She is extremely knowledgeable and a wonderful teacher.”

“ Libby is very sincere and thorough. She doesn’t leave any stone unturned. She is also accurate with determining nutritional needs.”

“Libby Mills is an excellent leader in every way.”

Professional **Living**

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