



Super-FAST! Food and Nutrition Workshop

from Personal Best with Millie Betts

Presented by Educator and Culinary Eating Coach **TERI GENTES**

- Run out of **ideas** for great meals?
- Tight on **time** and tired of slaving in the kitchen?
- Longing to eat *great* yet need the **know-how**?

Solutions to all of these challenges and more in an *interactive, dynamic* and *inspiring* workshop guaranteed to send you home excited to turn your kitchen into your haven.

Millie Betts of Personal Best brings internationally known culinary nutritionist and lifestyle coach Teri Gentes to you for a workshop sure to get you as passionate for vibrant health and fabulous food as they are.

FOR 2 HOURS

RECIPES & SAMPLES PROVIDED

On the lineup:

- **Super Go-To Breakfasts** - Chia, Coconut, Super Food Parfait w/ raw cacao nibs and a Super Food Non-dairy yogurt alternative you will love.
- **Divine Lunch or Dinner Ideas** that beat most restaurants such as a **High Protein Ancient Grain Pilaf, Amazing Kale Salad with Sunbutter and cider vinaigrette** and more.

RELAX & RE-ENERGIZE

FUN GIVE-AWAYS & DOOR PRIZES

Details:

- 20829 Waterbeach Way, Sterling, VA
- 2 hours
- \$45 per person
- "Bring a buddy" discount
- Free Yoga session with Millie for earlybird registration

Monday, August 10, 2015, 6:00 p.m.

20829 Waterbeach Place – Potomac Falls, Virginia

To REGISTER or for additional details go to: www.personalbetts.com

Millie Betts, Personal Best, LLC

Weight management and nutrition counseling, personal fitness training & lifestyle coaching
www.personalbetts.com | millie@personalbetts.com | 703.421.4395

Teri Gentes, Whole Self Health

Presenter, educator, coach, culinary chef, food enthusiast and author
www.terigentes.com | www.facebook.com/terigentes | www.twitter.com/terigentes

Super-FAST!

Food and Nutrition Workshop

Millie Betts, *Personal Best*



As a Certified Personal Trainer and Life Coach with over 30 years of education and experience, I provide personal, designed programs to help you reach your weight loss and fitness goals and provide the motivation, support and accountability necessary to succeed. I specialize in weight management and weight loss programs, for individuals and small groups.

My studio is in my home in Potomac Falls, Virginia and I serve clients in the Great Falls, Reston, Herndon, Potomac Falls, Ashburn, and Sterling areas.

I will work with you to design, and implement a plan of action, working through the inevitable changes and any obstacles to help you work toward achieving ***Your Personal Best!*** with a focus on these three areas:

- ***EAT HEALTHY!*** Weight management and nutrition counseling and monitoring, food tracking technology information* or food tracking sheets, nutrition guidelines and recipes, easy meal and snack prep strategies....and much more.
- ***MOVE MORE!*** Personal fitness training workouts or yoga sessions, exercise tracking/activity monitoring technology information* or records, exercise on-your-own plans, and moving more strategies that work.
- ***BREATHE!*** Life coaching, goal setting, overcoming obstacles.

Teri Gentes, *Whole Self Health*



Taking care of your self is your most important role. What you choose to believe, think, do and say along with what and how you choose to feed yourself impacts your health in profound ways.

I focus on helping others take better care of themselves in every way they can. Life is meant to be fully embraced and enjoyed. There is profound importance in living each day to the best of our ability. This means making time to nurture our 'self'. I've learned there are many paths to promoting well-being. Living a balanced lifestyle and consuming whole 'real' foods is imperative.

Each of us needs to relearn how to listen to our body and honor the conversation it has with us in a language of symptoms such as: chronic fatigue, depleted energy levels, mood swings, high blood pressure/ blood sugar/ cholesterol, digestive disorders, cravings, headaches, excess weight, arthritis, etc. Responding accordingly, we can overcome chronic illness, accelerated aging, weight challenges, hormonal imbalances and more.

Living a balanced life and nourishing yourself with nutrient-rich foods from a rainbow of colors and a full spectrum of tastes is imperative to your health.

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