

Lily E. Fontas, Ed.M

Women's Fitness Expert, Columnist & Speaker
Certified Health Coach & Personal Trainer



Lily knows what it feels like to be helpless in the face of dieting.

After years of suffering from a binge eating disorder and believing that diets were the answer she discovered how to create a sustainable, fun lifestyle that worked! Today she serves busy professionals who want to feel great in their skin as they get strong and increase their confidence with simple, sustainable steps. Her coaching practices have helped hundreds of women seamlessly integrate self-care and fitness into their busy lives as they see results in the gym and beyond!

Helping Busy Professionals Break Free from Dieting to Experience Vitality at Work and at Home!

Discover the simple, sustainable keys to creating a healthy lifestyle that will help you lose weight, be more productive and feel more confident in your body...now! Skip the diets, potions and pills route and learn how to see progress faster while you you enrich your life with meaningful and sustainable health practices. Learn the tips and tricks to get the results that you crave without deprivation as you become your best self.



Lily's presentations will teach you how to:

- ▶ Ditch dieting for good and find your own path to wellness and balanced nutrition
- ▶ Make exercise fun & effective
- ▶ Learn how to balance your hormones and alleviate menopause symptoms naturally
- ▶ Start running your life with more ease and less stress
- ▶ Have more of what you want: body confidence, strength, vitality, anti-aging practices that work

Book Lily Fontas, Ed.M
for your next speaking event
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