



Michelle Hayes Health Nutrition and Women's Fitness Coaching

Michelle Hayes, a trailblazer in Nutrition and Women's Weight Loss Coaching, stands as a beacon for women seeking transformative change. With an unwavering commitment, she empowers women to embrace self-assurance, unlocking the potential to accomplish their life's aspirations. Her relentless pursuit is to illuminate the path for women over 40, guiding them towards a revitalized state of health and contentment, commencing this journey in as little as 60 days.

Drawing from over 25 years of nursing experience, Michelle's expertise spans the intricate transition into motherhood, melding her roles as a nurse and midwife and now an impassioned independent health

coach dedicated to thwarting preventable health issues. Her transition into the entrepreneurial sphere burgeoned from an earnest desire to orchestrate holistic well-being for women, encompassing Nutrition, Women's Fitness Coaching, and cultivating mental and physical resilience.

At the forefront of her mission lies an indomitable passion for aiding professional women over 40 in unleashing their dormant capabilities, catalyzing a life defined by robust health and unwavering happiness. Michelle's Proven Step-by-Step Formula dismantles barriers without traditional therapy, effecting profound changes in just 60 days.

Michelle's mantra echoes the ethos of empowerment and transformation: "If you want something different, do something different." Her coaching methodology is grounded in the belief that everyone possesses the tools for profound success, weight loss, and holistic healing, surpassing perceived limits to attain their peak health and happiness.

By collaborating with Michelle Hayes and her seasoned team, individuals embark on a journey of self-discovery, shedding limiting beliefs and confronting obstacles that hinder progress. Through

her guidance, clients unearth their authentic selves, dismantle barriers, and craft a blueprint for optimal health, happiness, and emotional well-being.

Her unwavering belief in the power of mindset underscores her approach, affirming that a fortified mental state is the cornerstone of achieving remarkable health milestones.

Michelle and her team empower individuals to unravel their true essence, eliminating the shackles of past conditioning and paving the way for a life of abundance in health.

Are you prepared to embrace a different, vibrant life?

Connect with Michelle Hayes to:

- Unearth the True You: Unravel obstacles and dispel limiting patterns to break free from the loops hindering holistic well-being.**
- Attain Optimal Health and Happiness: Through focused guidance, navigate towards a life imbued with abundance and vitality.**

- Actualize Sustainable Wellness: Craft and execute a plan to manifest enduring health and wellness, surmounting barriers precisely.

The journey to becoming the best version of yourself commences now.

Connect with Michelle Hayes, the catalyst for your transformative journey, to elevate yourself to unprecedented health, happiness, and fulfillment.

OLD VERSION

Michelle Hayes is an expert in Nutrition and women's Weight Loss Coaching. She helps women gain self-confidence so they can achieve their life goals. Her greatest desire in life is to assist women in understanding that they are indeed worthy of acceptance and love. The purpose of her work is to help women over the age of 40 reclaim their next level of health and happiness. Her goal is to share with women how they can transform their health and live a life by their idea of Happier, Healthy, and Longer, and to start the process in as little as 30 days.

Michelle is passionate about helping professional women over 40 tap into their enormous potential to ignite their fire so that they can manifest a life of health and happiness that they truly desire. Her Proven Step by Step Formula allows her to accomplish this without traditional therapy in as little as 60 days.

Michelle has been coaching women through the most challenging yet exciting transition into motherhood for over 25 years. In addition to working as a nurse and midwife, she is now an independent health coach dedicated to preventable health issues. With Michelle's growing passion

and holistic approach to helping others live more abundant and fulfilled lives, she decided to enter the entrepreneurial space and coach women through Nutrition, Women's Fitness Coaching and Building Mental and Physical Fitness to bring order to help them get to their health goal

In her current role, Michelle assists other women in stepping into the best version of themselves and identifying their true potential for them to live healthy life using a sensible and sustainable nutrition and fitness program. She believes everyone has the same tools to reach high levels of success, lose weight and heal their bodies. And, not just what they think they might be able to accomplish as they pursue their Biggest Health and Happiness Goals!

Michelle is an expert coach who can help you move forward with her step-by-step system if you are feeling "stuck" in your health especially as it relates to nutrition and women's fitness

The power of our minds is so mighty and changing our mindset can allow us to make huge strides in our health. - Michelle Hayes

Her motto: If you want something different, do something different.

A more positive mindset is the key to becoming a better person.
By strengthening your mind and building your
If you build up your mental fitness, you can accomplish anything you set your heart on.

You can release the pain of the past and break through all the limits set on you from past programming.

When you work with Michelle Hayes and her team, you learn how to:

- Uncover the True you- Remove the Obstacles- We all have them, from the ones we have placed on ourselves to the ones we carry that others have placed on us, patterns that we have formed that keep us performing habits that keep us stuck in the loops that lead us to Dis-ease in Mind, Body and Spirit.
- Focus on achieving your optimum health, happiness, and emotional well-being.
- Unleash the Best of you- A life of Abundance in health. Michelle and her team will help you identify the right opportunities and create an abundant, healthy life.
- Having a plan is excellent, but knowing how to take the right actions to make your dream of long-term sustainable health and wellness a reality is even more important. We will provide the guidance you need to stick to your plan and overcome any obstacles you may encounter.

ARE YOU READY FOR YOUR DIFFERENT LIFE?

Connect with Michelle If You are Ready....



Become the healthy and happy person you want to be



Take you to the Next Level of Health and Happiness goals

And Above All Else...

**Feel and live the healthiest you ever
have.**