



## About Lifestyle Fitness Inc.

After a successful career as a personal trainer and registered dietitian specializing in fitness, food and weight issues, Debi Silber took her passion for helping mothers, became a whole health coach and created an all inclusive coaching company.

But before she started helping others, Debi had to help herself. Unmanaged chronic stress, toxic relationships and a bad case of trying to be "supermom" caused physical, emotional and mental wear and tear, leaving Debi with illness, pain and disease. She made changes to her chaotic lifestyle, made a full recovery, and is now fit, healthy, happy and pain free.

After seeing so many moms unable to maintain their health, weight loss and fitness goals - just as she once did, she was inspired to create a company which would empower moms to create lasting weight loss, fitness and wellness success.

The result is Lifestyle Fitness, Inc.

The company, based in New York, offers private consulting with Debi, live and online classes and workshops, as well as books on mom's health and weight loss issues. All services are available nationwide.