

“I signed up for Lisa’s class because I was told it was about healthy living. I’ve known that I needed to get healthier for quite a while, so this intrigued me. I’d done Weight Watchers years ago and it worked but then life happened and the pounds came back on plus some. Being stressed with life events for several years did not help. I knew it was time to focus on me and try and get healthier; not only for me personally but to be a positive example for my children. It was important to not only extend my life but also the quality of it by being healthier and therefore able to have more time with my family and not be a burden.

Some of the things that I like about the class is that you start learning right away but you don’t make any changes for the first few weeks. Then as the classes continued, I started to make small changes and surprisingly I started to lose a pound or 2. As I continued with the small changes I lost a few more pounds. I eventually needed to buy smaller sized clothes. It was a surprise to me when it happened, even though it shouldn’t have been, but I guess I didn’t think that I would be able to stick with it and lose enough weight to really see a difference. However, now I am down two dress sizes and have lost 22 lbs so far.

At a regular visit with my doctor, she was surprised at how much weight I’d lost. After reviewing some changes since my last visit with her, she took me off my blood pressure medication. That was a huge step. When I started on the medication 13 years ago, I asked what I could do to ultimately get off of the medicine. She told me that I’d probably be on the medication the rest of my life. Now, thanks to Lisa’s class, I’ve been taken off the medication and will be checked in a couple of months to see how I’m responding. This was a benefit of the class I didn’t expect. I’m half way to my weigh loss goal and have a few more new ideas on how to increase my physical activity. My weight loss journey continues with the support of Lisa, her class and my classmates. I hate to see the class come to an end!” - **Jane, Summerville S.C.**

“I worked with Lisa Burbage as a health coach in her 6 month Vitality Now program. Even though I knew a lot about health and wellness, Lisa’s tools helped me realize how all aspects of our lives are interconnected. Two goals that I tackled with Lisa were weight loss and having a more positive outlook on life. During the program I lost 13 lbs and am continuing to lose more weight. I have learned how to handle situations that in the past would have caused me to overeat. Lisa was also very good about gently challenging me to expand my thinking with probing questions. At times, I could not answer her questions in the moment, but was able to reflect on them between sessions, leading to stronger self awareness. I really appreciated Lisa’s gentle demeanor and easy coaching style. The strategies she has taught me have provide a whole new way of looking at food and life. I know 2018 will be the year I not only reach my total weight loss goal but more importantly keep it off.” – **Ann, Cincinnati, Ohio**

“The preventing diabetes class taught by Lisa Burbage is phenomenal! It has given me the tools I needed to succeed with my health goals! Down almost 25 pounds, I can honestly say this was the positive push I needed! I have learned that health and weight challenges cannot be resolved overnight and that it takes persistence, patience, and hard work. This class has taught me that if you are willing to have those three things, then you can and will reach your goals! I would recommend this class to anyone wanting realistic tools to apply to everyday life to achieve better health. I have gained so much confidence within myself and looking forward to gaining even more. I know had it not been for this class I would not be where I am with my health goals today. Thanks Lisa!” – **Nichole, Charleston, S.C.**

“I wanted to share my great news... I weighed in at my goal weight! I am so excited that this actually works, and now I can eat things I like and continue to lose weight. The only time I ever lost weight in the past was when I didn't eat, and I was absolutely starving. I feel like this is a Godsend, and can't thank you enough!” – **Joannie, Charleston, S.C**

“I wanted to update my review as it has been 3 years and I am still following the lifestyle plan Lisa and I created when did private coaching with her. Lisa's support enabled me to recognize what I wanted to change about my daily routine. We developed a plan and she kept me accountable to my goals. Specifically, I have my diet down to a science with the appropriate amount of protein, fiber, healthy fats, carbs, vitamins and minerals. I pay attention to the ounces of water I consume each day. I have cut sodas and fried food out of my diet and find myself having more energy. I do yoga twice a week and HIIT workouts twice a week. I feel happy and healthy and try to share what I've learned with my peers. Every wellness journey is different and my custom blueprint aids me in my lifestyle choices. I can't thank Lisa enough for the long-term success I have had.”- **Melanie, Charleston, SC**

“I have been meaning to message you about some exciting and heartfelt news. First, I have finally saved enough money to shop for clothes. I am out of the plus sizes for the first time in many years. But it gets better. I am off my heart medication, Spironolactone, and have been able to reduce my resting heart rate from 115 to 63 or below this past year. I have your guidance to thank for that. Please continue to spread this awareness. I have finally given myself the opportunity to follow my biggest “why” – and that was to give myself the opportunity to live again.

“I cannot begin to tell you how blessed and emotional I am to finally have all this weight off. I haven't been this thin for years and I haven't felt this empowered. As I am writing this, I am on the verge of tears because I am so thankful to have taken this course. Thank you for allowing me to see so much.” – **Kathleen, Charleston, S.C.**

“Working with Lisa through coaching has definitely impacted my life. Before I worked with Lisa I was not aware of why it was important to take care of myself. Although I had no chronic health issues, I was tired, stressed and had little time for my family. My work is demanding, and taking time for “me” is a luxury. By learning and making time to take better care of myself, I’m enjoying my work more and spending quality time with my family. Understanding what’s important to me, and why, has given me the motivation to make changes that have improved my quality of life. Thanks Lisa!” – **Suzanne, Summerville, S.C.**

“Lisa is a great accountability partner! She kept me on task with her guidance, knowledge and positive attitude. I have incorporated many of the changes we made together into my daily life and it feels great! Even small changes can make a big difference. We all know what we’re supposed to do. And Lisa doesn’t “lecture”... she helps you understand why these changes are important to you. Then she holds you accountable to your goals...that made the difference for me. I’d highly recommend Lisa to anyone who wants to change their life for the better.” – **Marcie, Charleston**

“Prior to beginning my coaching series, on a scale from 1 to 10, my expectation of achieving true change was at a 5. That quickly changed with Lisa’s guidance. After my first session, I learned why making this change was important to me. By incorporating what I was learning, I started changing the way I approached my relationship with food. Fast forward five months...I mentally feel and look better, down 10 lbs and am enjoying life more. Now, at the end, I rate my experience and ability to achieve my expectations at a 10. Thank you, Lisa!” – **Tommy, Charleston, S.C.**

“The small group session that Lisa facilitated for me and six of my sales team members was a huge success. Her professional, focused, but still light-hearted approach led me to make commitments and follow through on positive changes in my professional and personal life. It also led to a new level of mutual respect, trust, and unity in my team that would have taken years to develop without this program. We are a better office because of it.” – **Regional Sales Manager, Financial Industry**

“Lisa was wonderful! She helped me grow in so many ways. She believed in me when I doubted my ability to make changes because I had been unsuccessful in the past. Her expertise gave me the tools I needed to make lasting life changes. I am grateful for all of her help and would recommend her to anyone who wants to live a happier, healthier life.” – **Kappi, Charleston, S.C.**

“Lisa’s health coaching was a great benefit to me! Her excellent guidance encouraged me to reach my goal of balanced nutrition. She helped me recognize the changes I needed to make to keep me on track.” – **Sue, Charleston, S.C.**

“Lisa helped me recognize what I needed to change about my lifestyle to have more energy and improve my life overall. We developed a plan around my goals and then she kept me accountable. I could have done this on my own, but it would have taken a lot more time and motivation. No willpower needed here – I have created new habits for life!” – **Anne, Charleston, S.C.**

“Lisa is unfailingly kind and gently persistent. Her coaching keeps you “on point” and working toward your goals. She helps you find motivation when your motivation lags so you can make lasting changes.” – **Linda, Isle of Palms, S.C.**

“I started seeing a difference after just two sessions. At that time, I was going through multiple challenges in my personal life as well as my career. Throughout the coaching process, I found confidence and was able to face these challenges with courage and strength. Thank you, Lisa, for helping me become a healthier and happier person!” – **Megan, Charleston, S.C.**

“Thank you for your coaching expertise. Yes, I was able to accomplish the immediate goals I set for myself, but through your guidance I discovered other things about myself. This self-awareness will help me as I continue to move forward with improving my health. Lisa, you are a wise coach and great at what you do!” – **Susan, Walterboro, S.C.**

“Lisa helped our law firm with communication issues we were having across our three offices. She taught us how to look at things in a different way so we could turn those weaknesses into strengths. The employees who attended the classes and worked on their goals improved their communication skills not only at work but at home too. Lisa’s class came at the right time and truly benefited our law firm! I would recommend her class to anyone!” – **Ryan, Attorney at Law, Butler and College, LLC**

“After I had my 50th birthday, there were many goals I had yet to achieve. Focus was my toughest challenge. I had heard about Lisa and decided to work with her. She is an excellent health coach! With her help I was able to develop a plan and she held me accountable until it was a habit. I now automatically know what to do. Thank you Lisa for your help and guidance!” – **Patty, Mount Pleasant, S.C.**

“I recently turned 70 and wanted to be in the best possible shape. I don’t want to be old and sick; I just want to feel good. Health coaching with Lisa made me realize that it’s never too late to start looking and feeling good. In fact, it’s much easier than when I was younger!” – **Mary, Atlanta, GA**