

In regards to weight loss, a friend of mine once said, "If we could do it alone, we already would have." Amen.

- **Are you an expert at losing weight but struggle to keep it off?**
- **Do you know "what you 'need' to do" but can't seem to "do it"?**
- **Do you need help figuring out what to eat? When to eat? How much to eat?**
- **Would you like to feel more at ease with food and your body?**



Enter The Body Sherpa* – expert guidance for when your journey with food, exercise and body image feels mostly uphill.

With **practical advice, tools customized to your life, and support without shame**, I help you to:

- Free yourself from obsessive thinking
- Make friends with food and your physical self – NOW, and as you grow healthier.

Because I tailor my approach for each individual, I can support you in mastering an existing food or fitness plan, or help you to create something new. **If you are looking for a fresh beginning, this is a good place to start. If you are stuck in the middle, let me help you to get unstuck and inspired again.**

For a limited time I am offering a package of 4 private sessions (3, 60-minute and 1, 90-minute) – in person or on the phone – for \$299.

To learn more about taking the first step, call 312.637.9202 for a complimentary 15-minute phone consultation. Then begin to **fall in love with your body, take care of your body and do things you never imagined.**

"With Lesley's help I've come to know my body as something more than a source of shame. I've learned that it is capable and that it serves me well. I know that weight is just a number, and that I have options at every turn. With her guidance I've kept off 20 pounds and returned to my pre-pregnancy weight."

— Julie. Farmington Hills, Michigan

About Lesley Pearl

I was put on my first diet at the age of 8. I failed gym class at age 16. I've spent more than 30 years mapping my own trail toward health and acceptance with food and my body. I am a massage therapist, bodyworker and teacher. A reluctant athlete, I have completed bicycling centuries and sprint tri-athalons. For nearly 6 years I've maintained a healthy weight, as well as a round womanly belly.

Visit me online at www.lesleypearl.com

*A member of the Himalayan people living in Nepal and Tibet who are famous for their skill as mountaineers.