



Contact **MARTHA MCGINNIS**

to help your audience members discover
the magic of **APPETITE CLARITY!**

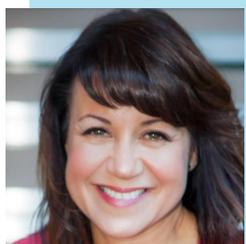
"Martha doesn't tell us what or how much to eat, but she helps us understand WHY we eat too much and how to change that.



It's so wonderful not to feel guilty anymore. There used to be a voice of judgment in my head all the time, but now, it's hardly there, and I know not to listen to it."

Virginia Nava

"Martha offered tremendous insight and value with her topic of conscious eating. We highly recommend her as a speaker and as a health coach.



Many thanks to Martha for adding incredible value to our event!"

Cathryn Marshall, MSW
What Women Want Networking

APPETITE CLARITY HELPS PEOPLE ACHIEVE A HAPPY WEIGHT AND STAY THERE, SO THEY CAN HAVE CONFIDENT, JOYFUL LIVES AND CAREERS

Martha McGinnis's philosophy is that people, especially women, focus too much on food choices and portion size and ignore *why* they're eating or overeating. This keeps them in a constant battle with food and with their bodies.

Martha's popular Appetite Clarity programs help people make peace with food so their eating naturally sustains a normal weight without the need for willpower or restriction.

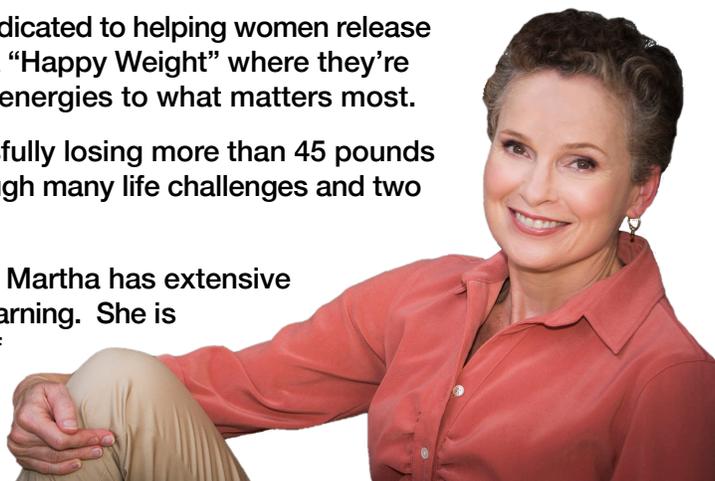
Her *Aligned~Intuitive~Mindful Eating methodology (AIM Eating)* develops our ability to draw from our own bodies the information and feedback they need to make healthy food choices and eat in a way that matches their energy needs--leading to natural weight modulation. Our bodies can be our greatest allies, and Martha shows the way!

ABOUT MARTHA MCGINNIS:

Martha McGinnis, founder of Appetite Clarity, is dedicated to helping women release extra pounds so they can achieve and maintain a "Happy Weight" where they're comfortable, confident, and free to devote their energies to what matters most.

Martha draws on her own experience of successfully losing more than 45 pounds and sustaining her weight loss for 35 years--through many life challenges and two pregnancies--without dieting.

An MBA and Certified Intuitive Eating Counselor, Martha has extensive experience in Change Management and Adult Learning. She is a Vice President of the Southeast Association of Facilitators and Past President of both the International Forum of Visual Practitioners and the former Atlanta Treasury Management Association.



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MARTHA HAS SPOKEN TO:

Women's Professional Development Network (WPDN)

What Women Want Networking (Perimeter & Buckhead)

Marcus Jewish Community Center

Life Lab Atlanta

Phillips & Company Homes

"We were engaged in her message, and inspired by her personal success. Martha is on point, accessible, and leaves audiences with a path to action that will lead them to 'appetite clarity'.

*She has a message that touches so many.
-We love Martha McGinnis."*

Marie Fraton,
Women's Professional
Development Network



MARTHA'S SPEAKING ENGAGEMENTS INCLUDE:

IT'S NOT WHAT'S ON YOUR PLATE, IT'S WHAT'S IN YOUR HEAD! 3 Keys to Reach your Happy Weight and Stay there

When only 1 dieter in 20 keeps the weight off long-term, and many end up even heavier, everyone is searching for a magic bullet that will fix the "obesity crisis". Our focus on "clean food" and ever-changing eating regimens has obscured and often worsened the real causes of weight gain.

- Learn why the body is a better eating guide than the mind ever could be, and how to engage its help to release extra weight permanently.
- Find out how to uncover the sources of overeating so lasting change becomes possible.
- Jettison guilt and shame forever

RECLAIMING OUR POWER: Women, Our Bodies, and Food

In our health-obsessed culture, when everyone seems to be on a diet or eating plan, or is wondering if they should be, have you ever felt guilty just for eating something you enjoy?

When we accept society's yardsticks, judging ourselves by, and trying to live up to them, we give up some of our power and lose confidence in ourselves as we do.

The time has come to take a step back from all the fads and craziness and take a deeper look at how we view our bodies and the simple, basic act of nourishing them. Learn what it takes to:

- make peace with food,
- stick to your plan (if you want one)
- stop gaining and start losing--for good

CELEBRATE AND SUSTAIN A HAPPY WEIGHT: Keep The Stress of Your Work From Ending Up On Your Hips!

The time, focus and energy we devote to our work can sometimes backfire: all the effort produces good results for our businesses and careers, but it often leads to weight gain as well. Too many extra pounds damage our health, our self-confidence, our image, and our chances for success.

Find out how to stop the struggle and release the weight:

- We all have an emotional relationship with food—now you can get a handle on yours.
- Understand how we're triggered to overeat
- Learn the 4-step process to manage your triggers