

Welcome to the Team, Ann

Meet Ann Wolter - *Our Healthy for Life Coach*

Hi there, fellow Balance Point members:

Like many of you, I'm a healthy "work in progress." In fact, my husband Kurt and I joined Balance Point last November in order to make regular exercise a part of our busy lives.

Three years ago, I lost more than 50 pounds with the help of the Healthy for Life program and USANA Health Sciences. After rediscovering the joy of living in my own body again, I decided to turn my healthy new lifestyle into my healthy new career. My mission now is to help others feel that same joy by teaching them a simple and effective way to control their weight and eat for better health and energy.

I'm currently studying to become a nutrition therapy practitioner at Denver's Nutrition Therapy Institute. I've earned my certification as a wellness coach with Live Well International, a Denver-based health and personal development training company. I'm also a certified coach with the Healthy for Life program and an Independent Associate with USANA Health Sciences.

Prior to focusing on health and nutrition, I worked in real estate development marketing, advertising, and nonprofit association management for 28 years. In the interest of full disclosure, I love entertaining, gourmet cooking, travel and wine! It's my belief that we can all live healthy, joyful lives filled with discovery, not deprivation, and I look forward to helping you make the most of your own healthy journey.

Please stop in and say hi, feel free to make an appointment for a complimentary consultation, or plan to attend one of our free Healthy for Life seminars. See you soon!

Sincerely,

Ann Wolter