



In-The-Equation

One-on-One Personal Coaching

Are you having trouble committing to a healthy lifestyle or developing healthy habits that align with your goals? Feeling stuck when it comes to losing weight, getting fit, or getting your health numbers in check? Find your personal breakthrough with In-The-Equation Coaching



Prioritize You

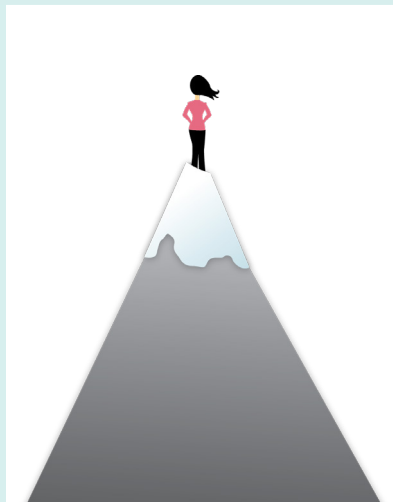
If you've tried just about every diet under the sun and failed... struggled to make time for your health and well-being, or to stay on track consistently with creating healthy habits...or, if you're feeling stuck and stalled – or worse, unmotivated, uninspired and hopeless – I'm here to help!

I've been where you are and I can tell you, there is HOPE! We all need a little help sometimes and taking that step may be the best thing you could do. It was for me.

In-The-Equation Coaching:

In-The-Equation one-on-one coaching is aimed at helping you create and sustain long-term lifestyle changes to achieve your health and wellness goals. It's personalized and customized to you.

Together, we'll explore your vision for the healthiest, happiest you and then navigate the places you're struggling, getting stuck, or maybe self-sabotaging. You'll create a positive vision and an action plan, with built in accountability, support and measures of success.



READY TO WORK TOGETHER?

Contact me to schedule a FREE introductory coaching call to learn more. Let's explore how we can work together to help you live your best and healthiest life...for life!

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In-The-Equation One-on-One Personal Coaching:

What to Expect:

- Individual coaching is done via phone (or in person), and is usually sold in packages with regularly scheduled sessions designed to build momentum and create healthy habits.
- One-on-one coaching can propel you forward and help you achieve the changes you desire in your life. I'll work with you to achieve results you can see, feel and measure...results that matter to you.
- In addition to hope, inspiration and motivation – you'll get a jumpstart in the very places you're currently feeling stuck. And, you'll likely better understand why.
- You'll gain confidence in developing healthy habits and practices that stick.

Lori Schaefer, In-The-Equation



Read my full bio,
see before and after
photos, and learn
more at:

intheequation.com



I'm Lori Schaefer – a motivational speaker, wellness blogger, and certified health and wellness coach.

I learned to put myself in the equation of my own life and take care of my health and well-being first – and I started at the age of 47. I lost 211 lbs, 11 pant sizes, and took back control of my health and happiness.

My number one passion is helping women live healthy, happy and whole lives – like me! I aim to inspire and support others in achieving optimal health and wellness, both inside and out.

NBC TV's The Biggest Loser featured my personal "at home" transformation story. I've also been featured in local and national press including, Women Running Magazine, The Star Tribune, Minnesota Monthly Magazine, and KSTP TV's Twin Cities Life. In 2016, I became a certified health and wellness coach, and now deliver motivational speeches, wellness workshops, and coach others to create transformational change in their own lives.

When I'm not running one of two passion-based businesses, you can find me hiking, aka climbing mountains; exploring the coast of Maine; weight lifting; socializing at a book group or kick-ass women's event; spending time with my nieces and nephews; or planning the next big adventure.

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