

Michele Jazzalyn of Make Healthy Fit to be Featured on CUTV News Radio

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[/EINPresswire.com/](http://EINPresswire.com/) -- To be holistic means to look at the whole person, not just the physical. It takes into account a person's career, relationships, and spirituality.

To be truly healthy requires a holistic approach, not a one-size-fits-all plan for everybody.

Michele Jazzalyn is a certified integrative nutrition health coach and the founder of Make Healthy Fit, a health and wellness coaching practice.

"When you're integrative, you're looking at how all aspects of a person's life are connected," says Michele. "I don't believe in diets. Diets do not work. They're like holding your nose underwater. It's about learning moderation and balance and enjoying your favorite foods."

Michele works with clients to help them create happy, healthy lives in a way that is flexible, fun and free of denial and discipline. She guides clients to implement sustainable lifestyle changes instead of temporary fixes or fad diets.

Though she is a nutrition coach, Michele says she finds she spends less time talking about food and more time talking about all those things that make people become unhealthy: stressful jobs, poor time management, toxic relationships. All the stresses that are in people's lives affect how they treat their body.

"Emotional eating is a reward for some kind of stress or pain," explains Michele. "A lot of people don't recognize that that's what they're using it for, as a reward. And we need to start rewarding ourselves with something other than food. And you do that by changing your thoughts."



Michele will give her clients two to three recommendations each time they meet. Though they might not always implement everything, she tries to understand why so they might try something new.

“What makes me different is my own experience. There are many health coaches who graduate who may never have had a health issue or their health issues were not as significant as mine,” says Michele. “I have learned how to make healthy delicious, satisfying, and easy.”



Michele says one of the biggest factors preventing women from living healthy is the time to cook. We are taught to believe we must serve big complex meals, which take a long time. Healthy cooking is actually very simple and prepping ahead of time makes it even easier.

“A healthy life is about feeling good in your body, having energy, creating a positive mindset, and helping people,” says Michele. “The secret is to take small steps and just keep going in the right direction. There is no better feeling than when somebody tells you that you’ve changed their life forever. When you improve your health, you improve your family.”

CUTV News Radio will feature Michele Jazzalyn in an interview with Doug Llewelyn on December 8th at 12pm EST.

Listen to the show on [BlogTalkRadio](#).

If you have a question for our guest, call (347) 996-3389.

For more information on Make Healthy Fit, visit <http://www.michelejazzalyn.com>

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