

David Miller of OPTAVIA to be Featured on CUTV News Radio

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[/EINPresswire.com/](http://EINPresswire.com/) -- Millions of people follow unhealthy crash diets and fitness regimens in hopes of losing weight, only to quit in frustration and gain all their lost weight back again. What if there was a way to successfully lose weight, stay in shape and reach your health goals, not for a month or a year, but for a lifetime?

David Miller is a certified OPTAVIA health coach and is one of thousands of caring, dedicated coaches.

"We assist people just like you to develop healthy minds and bodies to create the life they've only dreamed of," says David.

"We initially focus mostly on people's diet and nutrition. With so much highly processed, nutritionally void foods available in our country it is extremely challenging to obtain proper nutrition, but with Optavia we have been able to help hundreds of thousands of people accomplish their health and fitness goals with our virtually goof proof program."



Optavia's program utilizes simple fuelings containing all necessary nutrients in over 50 small meals. Optavia also teaches you how to prepare delicious healthy low-glycemic meals. Clients are appropriately educated on proper portion size, eating frequently smaller meals that don't contain a lot of sugars, salt and fat linked to obesity and diseases.

"Many people think they can get themselves healthy without any support, but having a coach and a program is critical. Most of our coaches are also clients that have been successful on our program and are now paying the gift of health forward" says David. "We have the knowledge and expertise to guide people and our outstanding results speak for themselves. We believe that the dream of bringing health back to this country and eventually the world is finally achievable."

Optavia nutrition program is initially focused on educating clients on how to eat properly to support their healthy lifestyle goals. At the same time, David educates them on how their old habits have kept them from being healthy and teaches them how to replace these old habits with new habits that support their desired outcome.

Says David: "The community we provide will help ensure you reach your health goals."

CUTV News Radio will feature David Miller in an interview with Jim Masters on December 13th at 4pm EST and with Doug Llewelyn on December 20th at 4pm EST.

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

If you have any questions for our guest please call (347) 996-3389

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