

What is this Program all about?

Here Are Answers to 10 of the most asked questions...

Question #1...Is this just another diet?

No... If you are looking for a diet...keep looking! We do have a weight loss phase, however it is just the beginning of a lifetime of HEALTHY LIVING.

Question #2...What will I be able to eat?

You will have 5 healthy fuelings a day along with a meal of lean protein and vegetables. It will be the easiest thing you've ever done!!!

Question #3...Will I be hungry all the time?

No... In fact, you may need to set a timer to remind yourself to have a fueling every 2 ½ - 3 hours.


Question #4...Will I be tired and grumpy?

No... quite the contrary! Once your body gets into a good fat burn, you will have excessive energy! If you typically take a nap or feel sluggish in the afternoon, you are in for a pleasant surprise!!

Question #5... Do I need to spend hours in the Gym?

It is recommended that you increase your movement by walking 30 minutes a day during the weight loss phase. Exercise will come when you reach your Healthy weight. Just let us know if you want to do heavy exercise!

Question #6...Does it cost extra for my Health Coach?

Your Health Coach is a complimentary service provided by OPTAVIA. Our job is to walk with you through this journey and assist you to Optimal Health. We are your FREE Health Coaches for life. 

Question #7...How do I learn the Habits of Health?

You will receive a book and workbook that will give you all the tools you need to learn how to change habits and discover a new healthy way of life!
Stress • Sleep • Triggers • Movement • And More...

Question #8...What is the OPTAVIA community?

We have a private Facebook Group for clients only that is amazing. In addition there are online calls each week, local events that we can connect you to, and weekly calls with your Health Coach!

Question #9...Do I need to live in the same state as my Health Coach?

We have clients and coaches on our team from all over the country! We can assist no matter where you live!!

Question #10...How Much Does It Cost?

This really depends on what you want to accomplish. We will first go through a Health Assessment with you to determine if our program is a good fit for you.
*Add up how much you spend on anything that goes in your mouth...Most people **save** money when they go on our program!!!*