

The Results

In the **Prioritize YourSELF™** program you will:

1. Create and visualize daily intentions to **achieve your most important health and life goals.**
2. Discover the ins and outs of eating whole foods and the best shortcuts; even if you don't like to cook (**you'll even go on a health food store tour**).
3. Simplify and customize nutrition and health basics to fit them into *your* life **effortlessly.**
4. Incorporate movement into your life **that excites you and truly works for you.**
5. Do a simple nutritional cleanse to **clear out and detoxify your body** (don't worry; it's easier than you think).
6. **Find balance in your life** through consistent planning and prioritizing (with our stress management techniques, you'll learn **how to breathe, meditate and really relax**).
7. Define your life purpose and start living it.

About The Founder...



Monica founded **Ideal Balance** to support successful professionals ready to transform and enrich their lives. She is a certified Health Counselor and holds an M.B.A. from the Kellogg School of Management. A first-generation Indian-American, Monica's practice is grounded in Eastern and Western traditions of health and wellness. She lives in New York City.

Ideal Balance LLC

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Ideal Balance

Life Balance and
Nutrition Experts

Helping Busy
Professionals Find
Simple Ways to Be
Healthy



Take care of your
health; get more from
your life.

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Welcome to Ideal Balance!

Our Approach

Our Programs



Are you having trouble balancing work, life and being healthy?

Do you often experience low energy, mood swings or cravings?

Do you want your clothes to fit better?

Do you often set the alarm, intending to work out, only to hit snooze?

Do you sometimes suffer from indigestion, stomachaches or headaches?

Are you looking for ways to find more overall satisfaction, peace and balance in your life?

Don't Worry, You're Not Alone. We can help!

At Ideal Balance we take a whole life approach to helping you. We explore your eating habits, relationships, career, spirituality, exercise and so much more.

We believe that there are two types of food:

PRIMARY Foods - your relationships, spirituality, career, family and exercise – the things that feed your mind, body and soul.

SECONDARY Foods - the actual foods that you put into your mouth.

Primary and secondary foods are intricately connected. When one is out of balance, it has DISASTROUS effects on the other.

By exploring your life as a whole, we determine the underlying causes behind patterns that aren't serving you. You'll discover how to find your own healthy balance and maintain it.

Our Prioritize YourSELF™ program (one-on-one or in a group) takes you through a simple process that allows you to get healthy, become more productive and fit even more into your life.

We develop healthy recommendations so that change is natural, smooth and easy to implement.

All of our programs are conducted over the phone, which means that they are accessible to you no matter where you live or how busy you are. If you are willing to take a small amount of time to pick up the phone and focus on yourself, you'll be on your way to feeling fantastic.

If you'd like to get to know us better before you choose a program, please feel free to set up a get acquainted session in person (we are located in west midtown in New York City) or over the phone.