

I am the mother of two active young boys, I am a wife, I am the owner of a growing and fast paced business, and oh that's right I am myself too! I have always known, intellectually, the importance of making time for myself, of keeping myself healthy and happy because what good am I to those that I love and that need me if I'm not. But this past year I realized that knowing something intellectually and believing deep down in my gut are two very different things, and the gut wins out all the time, which means I was last on the list of people in my life to get cared for. As a healthy person I don't get sick and I am not overweight, so why would I hire a health coach? Because I knew that there is a better way to live and I wanted to feel it. It was time to make some changes and I knew I had a better chance at success by hiring a professional health coach.

Anke Johnson helped me and my family in ways I couldn't anticipate. The two most important things that made a difference in how I live today are the way Anke 1) asks the right questions that really forced me to look at why I made the decisions I did, why I thought the way I thought. She took our coaching calls to a very deep level without me even realizing it until the call was over. It was done in a comfortable, easy and enlightening way; 2) Anke holds me accountable for goals I can accomplish and yet pushes me a bit more when it she knows I can handle it and also knows when to tone it down so that the changes being made are realistic and that sets me up for success.

Anke Johnson is incredibly talented at what she does. She has the skills to listen and repeat back what she hears in a way people can see themselves clearly in a mirror in a non threatening, loving way. That is important. She is a tough cookie with an extra dose of compassion. To be direct with someone in a soft way is a talent that few people possess. It almost doesn't sound possible, but once you work with Anke you'll know what I'm talking about. Anke has vast knowledge about the human body, the way our mind works, food, nutrition, exercise, muscles and techniques. The list goes on and on. Anke also has a passion for research. Even when she knew the answer she would follow up with more information from websites, books, etc. Anke is the kind of professional that other professionals work with because of her skills, her professionalism and her beliefs in customer service.

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