

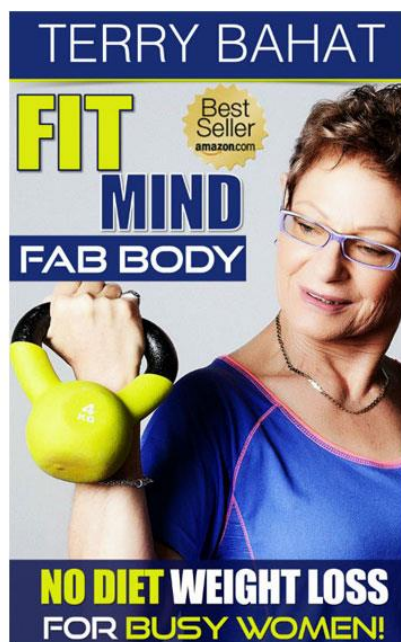
Sourced from: <http://mentonepubliclibrary.blogspot.com/2018/11/fit-minds-fantastic-messages-terry.html>

Terry Bahat



Terry Bahat is a mind and body fitness expert.

Her best seller 'FIT MIND FAB BODY - NO DIET WEIGHT LOSS FOR BUSY WOMEN' aims to help women reclaim their lives.



'Mindset is where transformation begins' is her credo.
Terry realised the day she looked into a mirror, 30 kilograms
overweight, that she needed to make changes in her life.
Wearing a jacket called 'weight' she suffered embarrassment,
lacked a social life, and just wanted to sleep.

'In life we get what we look for' she stated.
She changed the three essential elements of life:
- Mindset
- Diet
- Physical activity

She resolved to strengthen her body by moving it outdoors.

She now has more energy, confidence and vitality.



Terry's book contains tips for healthy eating.

'Food can cause depression' she said, adding

'Food is not a therapy'.



She prefers using the term 'physical activity' to 'exercise'.

The former term being a wider description signifying

'many mental, emotional and physical benefits'.



Benefiting from rising from their chairs and engaging in physical activity with Terry,
Mentone Public Library patrons begin to feel better already!
Terry's book contains suggestions for sticking to fitness goals,

such as doing physical activities with a buddy.



She wrote her book and committed herself

to life coaching because

'we are bombarded with

conflicting information'.

Her book includes inspirational tips, such as

'Happiness is a choice'.



Terry was only too willing to guide attendees to such a choice
by offering owners of her book a:

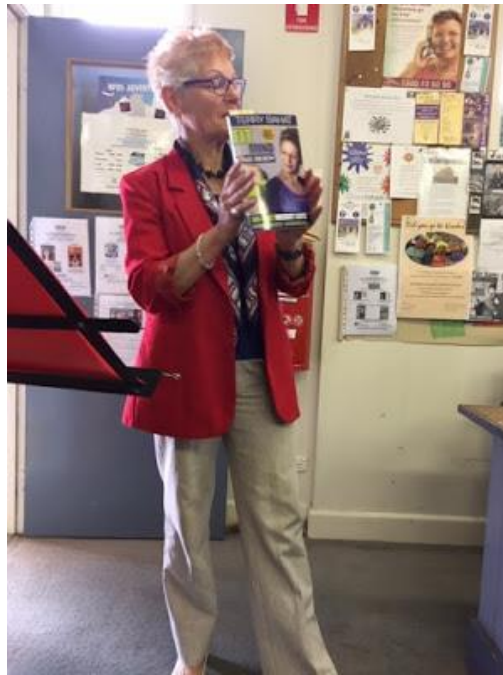


Indeed, such a conversation is only possible when one is a
living, breathing
example of a happy mindset.



Fortunately, Terry exuded this quality in limitless quantities.

An engaging presenter committed to practicing what she
preaches,



Terry, this was an extraordinary session.

We extend our hands to thank you.

