

## CHANGE YOUR APPROACH. *CHANGE YOUR LIFE!*

**Mary Fox, LMHC, RD** challenges the traditional approach to weight management to help people discover their path to success. As a Licensed Mental Health Counselor and Registered Dietitian, she combines both disciplines into a unique and comprehensive approach that is changing the way we understand weight management.

**On target, in touch, quick witted and humorous,**  
Mary Fox's presentations are *not soon forgotten!*



*Call today to book Mary for your next event!*

**443-791-7745**

### THE REAL SKINNY:

CHANGE YOUR APPROACH. *CHANGE YOUR LIFE!*

Learn how to own the power, uncover the truth and move past the barriers.

### EMOTIONAL EATING:

IS IT HUNGER... *OR NOT?*

Learn about yourself, your hunger and the skills needed to manage emotional eating.

### THE PSYCHOLOGY OF WEIGHT MANAGEMENT:

BUSTING BARRIERS TO FIND YOUR REAL SKINNY

Discover the missing link in weight management. Transform your eating and change your life for good.

### THIS IS NOT YOUR MOTHER'S DIET:

ENOUGH OF 'NO'. TAP INTO WHAT YOU KNOW.

Learn the CORE approach to weight management. Tune into innate wisdom and transform your health and life.

**MARY FOX, LHMC, RD**

**443-791-7745**

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# THE REAL SKINNY: Change your approach. *Change your life!*

*Tired of chasing the scale?*

*Frustrated with failure?*

*Feel like you try so hard... and never get  
anywhere with your weight?*







Successful weight management eludes most people — in fact 98% of people who try to lose weight fail. As a nation, we spend \$10 billion a year on weight loss products and services. Even so, the weight epidemic in the United States is on the rise with 2 out of 3 Americans overweight or obese.

This presentation will **illuminate the reasons why** so many struggle to achieve successful weight management, chasing the scale and not getting anywhere. Come learn how to own the power, uncover the truth and move past the barriers. This presentation *IS “The Real Skinny” on what works...*and the truth will not only surprise you but will start you on your path for lasting change.

*~ Get REAL – Get Success! ~*

## PARTICIPANTS WILL LEARN:

-  Understand how you got so far off track in your weight management efforts
-  Understand why diets and food focused plans are detrimental to your efforts
-  Learn the CORE approach to successful long term weight management
-  Apply the principles of “The Real Skinny” in an eating experience

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## EMOTIONAL EATING: Is It Hunger... or Not?



You know the drill...every morning you commit to “being good” with your diet, you really mean it this time, but, as with most days, by mid-afternoon you’ve “blown it” and gone off your plan. So, you “give up”, overeat for the rest of the day and then try to start fresh again the next morning....

Sound familiar? It should, the majority of emotional eaters try to control food and their weight with this approach. Unfortunately, this **destructive pattern** erodes your esteem, undermines your confidence, and makes you feel like a failure! *Why don't you have more will power? Why can't you stay on track?*

This presentation will open your eyes to a **new way of relating to food and eating**. Learn more about **yourself**, your **hunger** and the **skills** you need to manage your emotional eating.

*~ What you need to know  
to change your eating forever! ~*

### PARTICIPANTS WILL LEARN:

- 🍴 Define emotional eating
- 🍴 Understand the impact of emotional eating on weight, self, and the quality of life
- 🍴 Understand the drive to eat (hunger, fullness and satiety) - It's not what - but when - to eat
- 🍴 Learn the biggest mistake people make in managing emotional eating
- 🍴 Discuss solutions for managing emotional eating

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# THE PSYCHOLOGY OF WEIGHT MANAGEMENT:

## Busting Barriers to Find Your REAL Skinny






You've tried them all, but nothing really works. You lose weight, but you gain it all back, and then some. What is the answer? Maybe the answer is found in the place you least expect it.

You will want to join this presentation and **discover the missing link** in successful weight management. Learn what it means to **transform your eating** and change your life for good!!

*~ Success... It's More Than a Food Plan! ~*

### PARTICIPANTS WILL:

-  Learn the skills of successful weight managers
-  Learn what holds us back from success.
-  Learn the CORE approach to holistic weight management

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*"Enthusiastic and effective – the connection between Mary and the audience was amazing!"*

~ Susan G., USO International Leadership Conference

# THIS IS NOT YOUR MOTHER'S DIET!

Enough of 'NO'. *Tap into what you KNOW.*










We've come a long way, baby... or have we? We choose our style, our careers, and our mates. But when it comes to our bodies and our health we are still stuck in the 'No Vote, No Choice' era of the 20's.

Well, No more!!!! We are different now and so should be our approach to weight management. This exciting presentation will open your world beyond the outdated methods of our mother's restrictive diet days and introduce you to **the CORE approach** of today's empowered woman. Participants will learn how to use their power to **transform their health and their lives.**

*~ No fads, No hype, just The REAL Skinny! ~*

## PARTICIPANTS WILL LEARN:

-  Discuss the oldies...but not always the goodies of past weight management strategies
-  Enough of NO!
-  Discuss the mother daughter connection and impact on our self-concept and body image
-  Our mothers can only teach us as much as they know....
-  The CORE Approach - how today's empowered woman manages her health and happiness
-  Taking control of our bodies and our selves – choice, acceptance, innate wisdom
-  Discuss long term strategies of success that transcend time

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## MEET MARY FOX, LMHC, RD



*Mary Fox, LMHC, RD* challenges the traditional approach to weight management to help people discover their path to success. As a Licensed Mental Health Counselor and Registered Dietitian, she combines both disciplines into a unique and comprehensive approach that is changing the way we understand weight management. Mary's expertise in managing eating problems has led her to develop the philosophies and principles of **The Real Skinny**.

Unlike any other program, her **CORE** approach integrates the physical, mental, emotional, and social aspects of eating for a comprehensive approach that works for the long haul. Her emphasis on the individual, rather than a rigid meal plan, is at the foundation for helping people change their lives.

Mary's passionate approach to helping people is the hallmark of her counseling style. With her warm and caring style of counseling, Mary has helped individuals and families for more than 30 years. Whether in group or an individual setting, Mary provides a comfortable and supportive space for growth.

Mary has a B.S. in nutrition from the University of Florida and an M.A. in counseling from the University of South Florida. She is a Licensed Mental Health Counselor and Registered Dietitian. Mary is a member of the American Counseling Association and the American Dietetic Association. She is an exciting and captivating speaker and has worked extensively with the media to educate the public about living a healthy happy life.

Real Solutions for  
*Mind ~ Body ~ Spirit*



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## PREVIOUS PRESENTATIONS / TESTIMONIALS

### PARTIAL LIST OF PREVIOUS PRESENTATIONS:

BRTRC Technology; Fairfax, VA  
Carroll Hospital/Martins Food Company;  
Corporate Weight Management Program; Sykesville, MD  
Charlestown Community; Cotonsville, MD  
Chesapeake Bay Foundation; Annapolis, MD  
Clinical and Community Dietetics; University of Florida; Gainesville, FL  
Clinique Cosmetics Annual Meeting; Naples, FL  
Dickstein Shapiro, LLC; Washington, DC  
Freddie Mac; McLean, VA  
KMPG Advisors; Baltimore, MD  
Maryland Dietetic Association Annual Meeting; Linthicum, MD  
Mitchell Energy and Development Corp; The Woodlands, TX  
Morgan Stanley; Baltimore, MD  
Oak Crest Village; Parkville, MD  
Sanibel Harbour Resort and Spa; Fort Myers, FL  
Shearman and Sterling, LLC; Washington, DC  
Shimadzu Scientific Instruments; Columbia, MD  
Smiths Group; Washington, DC  
Sodexo Corporation; Gaithersburg, Maryland  
Steptoe and Johnson, LLC; Washington, DC  
University of Florida Panahellenic; Gainesville, FL  
USO International Leadership Conference; Washington, DC

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*"Mary Fox is a bright, inspirational and humorous speaker. Her presentations are on target and in touch with today's weight management challenges. Mary incorporates experiential learning in her presentations to engage attendees and stimulate the learning experience. Mary is a skilled presenter, an exceptional coach and a true professional. And she has a great sense of humor! Audiences love to laugh and learn more when they are truly engaged. You can't go wrong with Mary Fox on your program. Slam dunk."*

**Vanessa Emerson, Founder; DirectoryofDentalSpeakers.com**

*"I am impressed with Mary's ease on the stage and platform skills. Not only is she a humorous speaker, but she absolutely holds each audience because she is knowledgeable about her topics. Her ability to deliver a powerful message that will remain in the hearts of those in her audience is amazing! If you're looking for a speaker who will make you -- the meeting planner -- feel proud, choose Mary for your next event!"*

~ **Katherine Eitel, President; Lioness Learning**