

SANDRA LYNCH

Releasing Excess Weight is My Business! Transformation Coach

ABOUT ME

In 1999, at the age of 47 Sandra Lynch (herein Sandy) weighed 400 pounds, was diagnosed with high blood pressure, borderline Type 2 diabetes, sleep apnea, lymphedema, and morbid obesity. After an emergency high risk total hysterectomy and needing assistance for daily personal care, within eight weeks of the hysterectomy surgery Sandy obtained an Open RNY bariatric surgery.

Within the bariatric surgery's 18 month "honeymoon" period, Lynch successfully lost 180 pounds but was still short 70 pounds of her goal weight. Her weight plateaued. Without bariatric aftercare awareness, by 2016, Sandy regained 80 pounds; that is, the scales reported weighing 300 pounds. Sandy frantically mounted a search for help to stop the gain and discovered an online bariatric support group where its

members reported similar stories of bariatric surgery--weight loss, plateau, regain BUT with the group's change to a different way of eating (WOE) the followers were reporting success at their goal weight. Sandy started the support group's WOE and realized a 50 pound release (vs loss) of the regain.

But March 2017 another life hurdle appeared. Sandy had to self-surrender to Federal prison to complete a 15-month sentence for an offense that Sandy vehemently insisted her innocence.

While in prison, like the Bible's Daniel's dietary proclamation, Sandy adapted her proclamation to be ***I RESOLVE to not allow the government's food to DEFILE***

my body! With the addition of *almost* daily exercise (walking) upon her dismissal from the Federal Bureau of Prison (FBOP) an additional 70 pounds had been released during her confinement!

Now at her smallest adult weight (and in her late 60's), Sandy incorporates her WOE lifestyle lessons learned, and experiences into coaching others to achieve their lifestyle adaptation and enjoyment!

YOUR AUDIENCE WILL LEARN THE FOUR STEP PROGRAM FOR A HEALTHIER LIFESTYLE

SEE IT – PLAN IT – WORK IT – LIVE IT

The key to releasing excess weight and living a HEALTHY lifestyle is to
SEE it, PLAN it, WORK it, so you can LIVE it!



SIGNATURE SPEECHES

- One Seat Please
- Affording Your Healthier Lifestyle

Qualifications

Unfold Your Life facilitator licensee

Certified Vision Board coach

Bariatric Support Center International

- Bariatric Support Group Leader Certification
- Back On Track Facilitator Certification
- Success Habits Instructor Certification
- Bariatric Coaching Skills

Efit® Exercise Coach ± Certified Ketogenic Coach ±
Seasoned Professional Bookkeeper ± Author ± Public
Speaker

