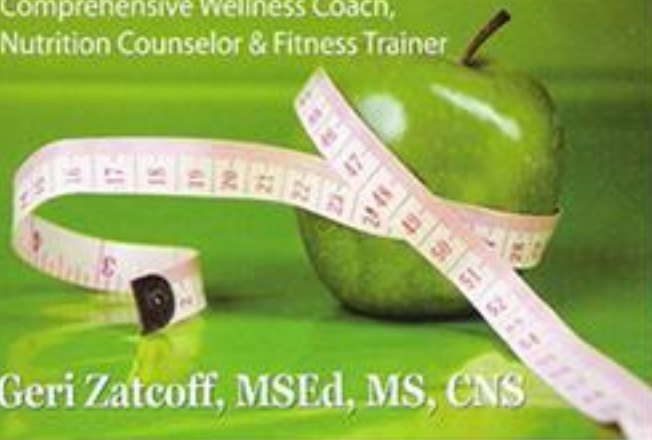


Comprehensive Wellness Coach,  
Nutrition Counselor & Fitness Trainer



**Geri Zatcoff, MEd, MS, CNS**

- ▶ Have you tried all the diets, but not lost weight?
- ▶ Have you lost and gained the same 20 lbs.?
- ▶ Apprehensive of 20-somethings giving you fitness advice?
- ▶ Do you want to make changes but can't do it on your own?

#### Discover the Zatcoff Difference

In-depth education and experience signify the Zatcoff difference. Geri has coached hundreds of people to create life-style changes with staying power and will make all the difference in your ability to succeed. It's been proven time after time, expert coaching produces results!

#### Here's What Geri Offers

- Nutrition and Fitness Coaching combined – Save time!
- Specialty in weight loss and weight loss resistance
- Custom-designed workouts for Baby-Boomer physiology
- Expertise to work around most Orthopedic issues
- Time-proven strategies to conquer food issues and self-defeating habits

#### Don't Waste Time or Jeopardize Health

The biggest challenge in changing lifestyle is consistency. Without support and accountability, old habits are hard to break. Don't waste precious time and jeopardize your health going it alone. If you hire an accountant for your taxes, and a hairstylist for your hair, hiring a superb Wellness Coach like Geri is the obvious optimal health solution.

Choose Optimal Health, Choose Geri

**GeriZatcoff**

Geraldine Zatcoff, M.S.Ed., M.S., C.N.S.

NUTRITION, EXERCISE SCIENCE, WELLNESS COUNSELING

Contact Geri Today 203-454-5560  
www.zatcoffwellness.com Westport and other locations



Geri Zatcoff, MEd, MS, CNS

#### Geri's Credentials

M.S.Ed. Exercise Science and Wellness; M.S. Human Nutrition; Certified by The American College of Nutrition and the American College of Sports Medicine.

Geri understands the journey to wellness based on her own recovery from severe back injuries. Her personal story of regaining optimal health makes Geri uniquely qualified to support clients in overcoming challenges and she has an impressive success rate.

## Get on the road to optimal health today!

- ▶ *nutrition*
- ▶ *core strengthening*
- ▶ *coaching*
- ▶ *weight loss*
- ▶ ... *achieve your goals!*

With Geri of Zatcoff Wellness on your side, you CAN achieve your weight loss and fitness goals. The sooner you get started, the sooner you can enjoy the benefits of a healthy lifestyle.

Whether you want to lose a few pounds or make sweeping changes,

**GeriZatcoff**

Geraldine Zatcoff, M.S.Ed., M.S., C.N.S.

NUTRITION, EXERCISE SCIENCE, WELLNESS COUNSELING

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Westport and other locations

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