



## **Fitness Bound Living & Venice Nutrition?**

*with Shay Hensley, CPT, CNC, CSNS, owner of Fitness Bound Living's VN practice  
from Mark Macdonald, Creator of The Venice Nutrition Program,  
author of NY Times Bestseller Body Confidence*

Like most people, I've experimented with the different philosophies of nutrition. Most of the time you'll hear people discuss particular "fad" diets or programs. Now, believe me, I'm a fan of anything that gets people to take action with their health. For that reason, even the craziest idea helps at least to create a moment of health action within its audience. That being said, I am also very aware of what it takes to turn that moment into making your health a priority. My goal is to provide you with the ability to understand the difference between a "diet" and a "program" and to help you become educated on the two main philosophies behind nutrition programs. This way you'll learn the tools you need to ensure any program or diet you choose can provide a yes answer to these two questions:

- ✓ **Does the program make sense based on physiology?**
- ✓ **Can I do this the rest of my life?**

My name is Shay Hensley, and I am the owner of a Venice Nutrition practice, called Fitness Bound Living. Clients come to me for a variety of reasons; they have hit a plateau in their fitness routines, they aren't sure what proper nutrition is and how to balance their body in a homeostasis health structure, or simply how to monitor their efforts with exercise and eating habits.

I work with clients all over the US, and offer online fitness training programs, and online coaching for nutrition. This can be as simple of a plan as setting you up with a nutrition platform online, or a full 6 month coaching program. From a one time fitness exercise program, to longer fitness coaching packages.

Fitness Bound Living also offers corporate workplace wellness programs and seminars.

Whatever your nutrition or fitness goal is, there IS a healthy way to achieve permanent results once and for all!

**As part of this challenge thru your school/employer, I am offering a free 30 minute assessment to you. See the attached flyer for more details.**

Shay Hensley, Certified Venice Nutrition Coach  
540-830-0969