



## Tammy Batcha

Tammy is a Certified Health and Wellness Coach and resides in Middletown, Virginia, with her husband, Tom and kitty cat, Albert. Her love of good food and interest in nutrition fueled her decision to become a health coach. She now shares her passion by working with others to improve their health, one delicious plate at a time.

Tammy received her training at Integrative Nutrition in New York City. She is certified by the American Association of Drugless Practitioners and she continues to study integrative nutritional theory. Tammy develops recipes and shares tips on eating for better health at ReshapeYourPlate.com. She also offers fully customizable healthy pantry makeovers, based on the nutritional needs of her clients throughout the Northern Shenandoah Valley and beyond.

## Could one conversation change your life?

Contact me today for an individual consultation.  
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## Healthy Pantry Makeovers

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When was  
the last time  
you talked with  
someone about  
nutritious food  
choices and  
received the  
personal  
attention  
you deserve?

## Startling Statistics

- Half of adults in U.S. have diabetes or pre-diabetes.<sup>(1)</sup>
- Obesity has become such an epidemic that this generation of children could be the first in the history of the United States to live less healthful and shorter lives than their Parents.<sup>(2)</sup>
- More than 1/3 (34.9%) of U.S. adults are obese.<sup>(3)</sup>
- Obesity and diabetes lead to other serious health issues like heart disease, stroke, blindness and kidney failure.<sup>(4)</sup>
- People who frequently cook meals at home eat healthier and consume fewer calories.<sup>(5)</sup>

1- Source: [jama.jamanetwork.com](http://jama.jamanetwork.com) (The Journal of the American Medical Association)

2- Source: [newenglandjournalofmedicine.org](http://newenglandjournalofmedicine.org)

3- Source: [cdc.gov/obesity](http://cdc.gov/obesity)

4- Source: [cdc.gov/healthyweight/effects](http://cdc.gov/healthyweight/effects)

5-Source: [jhsph.edu](http://jhsph.edu) (John Hopkins Bloomberg School of Public Health)

## Food changes Everything.

As a Health Coach, I am your personal advocate on your path to wellness. During our healthy pantry makeover session, we'll discover the food and lifestyle choices that best support you and your family. Making gradual, lifelong changes assists you in reaching your current and future health goals.



## Have you been wanting to:

- Improve your eating habits?
- Understand your body better?
- Feel confident in choosing and preparing delicious food for you and your loved ones?

## Are you confused about:

- conflicting nutritional information?
- food labels?
- the right kinds of food to shop for?
- cooking for you and your family's tastes and dietary needs?
- how to fit home-cooked, nutritious meals into your busy lifestyle?

## Welcome to your Healthy Pantry Makeover Session:

Through this session, that's been highly personalized for you, you'll receive the tools and information that can radically empower you to improve your health and diet. Together, we'll explore concerns specific to you and discover the tools you need for a lifetime of healthy eating.

## Your session includes:

- A quick pre-session assessment that helps us make the most of our time together.
- One 90-minute session in your home, over the phone or online.
- Shopping tips for planning, saving money and saving time.
- Expanded resources for sourcing nutritious food.
- Simple but informative handouts that will increase your nutritional knowledge and know how.
- Flexible recipes that are healthy, delicious and simple to prepare.
- Online private community access.
- Monthly newsletters with tips on wellness, nutrition and living a more empowered life.

## Contact me for more information:

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