

COACHING NUTRICIONAL

Yolanda Fleta y Jaime Giménez



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Yolanda Fleta

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Coaching Nutricional Haz Que Tu Dieta Funcione Clave:

Coaching nutricional (edición actualizada) Yolanda Fleta, Jaime Giménez, 2023-01-05 Un libro que no solo nos enseña a comer sino también a adoptar una actitud positiva que nos permita mantener nuestra motivación El coaching ha entrado en la esfera de la nutrición El éxito de la mayoría de los tratamientos que implican modificar la conducta alimentaria depende en gran medida de nuestra capacidad de llevar estos cambios a la práctica Conseguirlo no es tarea fácil y es posible que en muchas ocasiones no estemos preparados para ello Nuestro principal enemigo la falta de adherencia al plan nutricional El coaching nutricional nos ofrece un nuevo enfoque que nos enseña a superar este desafío Esta innovadora disciplina se centra en la persona y la convierte en la protagonista del proceso fomentando la autogestión y enseñando a adoptar una actitud positiva Asimismo postula la importancia de la consciencia de uno mismo la responsabilidad la confianza y la motivación Estas son las reglas del juego que nos ayudan a definir nuestros objetivos mejorar nuestros hábitos superar nuestra propia resistencia al cambio hacer una valoración de nuestros puntos fuertes y débiles a controlar los excesos y en definitiva a replantear nuestro estilo de vida de una manera permanente *Coaching Nutricional* Ángela Rodríguez

González, 2019-02-01 El Coaching nutricional es un método de entrenamiento personalizado durante el cual el coach utiliza una serie de herramientas y técnicas que siguiendo una metodología específica van encaminadas a acompañar y a ayudar al cliente coachee a que consiga resultados extraordinarios en diferentes áreas de su vida El coaching nutricional conlleva un proceso de análisis de los comportamientos y hábitos que una persona tiene en relación con los alimentos Se trata de buscar el entorno adecuado para que la persona pueda ser protagonista de su propio proceso de cambio en su forma de alimentarse logrando al mismo tiempo que mejore otros aspectos de su estilo de vida En este libro abordaremos sus aspectos fundamentales las principales herramientas para desarrollarlo y las competencias necesarias para ser un buen coach nutricional Coaching nutricional Ángela Rodríguez, 2022-07-21 El coaching nutricional es un método de entrenamiento

personalizado durante el cual el coach utiliza una serie de herramientas y técnicas que siguiendo una metodología específica van encaminadas a acompañar y a ayudar al cliente coachee para que consiga resultados extraordinarios en diferentes áreas de su vida El coaching nutricional conlleva un proceso de análisis de los comportamientos y hábitos que una persona tiene en relación con los alimentos Se trata de buscar el entorno adecuado para que la persona pueda ser protagonista de su propio proceso de cambio en su forma de alimentarse logrando al mismo tiempo que mejore otros aspectos de su estilo de vida En este libro abordaremos sus aspectos fundamentales las principales herramientas para desarrollarlo y las competencias necesarias para ser un buen coach nutricional 50 herramientas de coaching nutricional para la salud y el bienestar Yolanda Fleta, Jaime Giménez, Lara Lombarte, 2021-07-08 50 herramientas imprescindibles para tener una alimentación saludable Más de 100 000 personas lo han logrado gracias al coaching nutricional Ser consciente de la importancia de tener una alimentación saludable es clave para llevar a cabo un cambio en nuestros hábitos pero no siempre es

suficiente La falta de tiempo los antojos los pensamientos sabotadores las emociones negativas que nos invaden y que tendemos a compensar con comida insana as como los eventos sociales que en ocasiones nos empujan a romper nuestro compromiso o un entorno que no siempre nos lo pone f cil son obst culos que debemos aprender a superar Este libro ofrece herramientas que nos ayudar n a afrontar esta dif cil tarea Nos acompa a en un incre ble viaje de autoconocimiento en el que a trav s de los ejercicios que propone aprenderemos a identificar las barreras que nos impiden mantener el tipo de alimentaci n que deseamos a la vez que nos invita a abandonar aquellas viejas rutinas que tanto se resisten a la hora de introducir un verdadero cambio en nuestras vidas

Coaching nutricional: consigue la motivaci3n necesaria para seguir h3bitos diet3ticos saludable , **Coaching nutricional** Yolanda Fleta,Jaime Gim3nez,2016 **Alimentaci3n consciente** Yolanda Fleta,Jaime Gim3nez,2020-09-23 El manual imprescindible para mantener una relaci3n sana y feliz con la comida Sin reglas fijas ni atajos con las t3cnicas y las herramientas que te proponemos ir s construyendo una relaci3n m s amable y m s cari osa con la comida y contigo mismo sin presi3n y en equilibrio **Coaching Nutricional** Max Editorial,2024-12-17 El coaching nutricional es un proceso que ayuda a las personas a lograr sus objetivos de salud y bienestar cambiando sus h3bitos alimenticios Los entrenadores nutricionistas trabajan con sus clientes para comprender sus necesidades y objetivos y luego desarrollan un plan de nutrici3n personalizado que es efectivo y sostenible El asesoramiento nutricional puede ser una herramienta valiosa para las personas que intentan perder peso mejorar su salud cardiovascular controlar enfermedades cr3nicas o simplemente comer de manera m s saludable El proceso de coaching nutricional puede ayudar a las personas a Aprende sobre los fundamentos de la nutrici3n Identifica tus h3bitos alimenticios actuales Establecer metas de salud Desarrollar un plan de nutrici3n personalizado Ejecuta tu plan de nutrici3n Superar desaf3os El entrenamiento nutricional se puede llevar a cabo de forma individual o en grupo Los entrenadores nutricionistas pueden trabajar con personas de todas las edades niveles de actividad y objetivos de salud *50 herramientas de coaching para la salud y el bienestar / 50 Coaching Tools* Yolanda Fleta,2021-10-26 50 herramientas imprescindibles para tener una alimentaci3n saludable M s de 100 000 personas lo han logrado gracias al coaching nutricional Ser consciente de la importancia de tener una alimentaci3n saludable es clave para llevar a cabo un cambio en nuestros h3bitos pero no siempre es suficiente La falta de tiempo los antojos los pensamientos sabotadores las emociones negativas que nos invaden y que tendemos a compensar con comida insana as como los eventos sociales que en ocasiones nos empujan a romper nuestro compromiso o un entorno que no siempre nos lo pone f cil son obst culos que debemos aprender a superar Este libro ofrece herramientas que nos ayudar n a afrontar esta dif cil tarea Nos acompa a en un incre ble viaje de autoconocimiento en el que a trav s de los ejercicios que propone aprenderemos a identificar las barreras que nos impiden mantener el tipo de alimentaci3n que deseamos a la vez que nos invita a abandonar aquellas viejas rutinas que tanto se resisten a la hora de introducir un verdadero cambio en nuestras vidas ENGLISH DESCRIPTION 50 essential tools to eat healthy More than 100 000 people do so thanks to nutritional

coaching To change our habits we must be aware of how important it is to eat a healthy diet but it isn't always enough Being in a hurry dealing with cravings thinking undermining thoughts having negative emotions that plague us and which we tend to outweigh with unhealthy food as well as certain environments that don't make it easy or social events that sometimes push us towards breaking our commitments are the kind of obstacles we must learn to overcome This book offers us the necessary tools to help us face such difficult task It will take us on an incredible journey of self discovery where we will learn through the proposed exercises how to identify the roadblocks that keep us from eating the kind of diet we want all at once encouraging us to let go of those old routines that can't abide with us making real changes in our lives Diet coach

Kimberley Willis, 2012-04-26 El entrenador personal que te ofrece trucos rápidos estrategias simples y consejos que no fallan Esta pequeña guía es todo lo que necesitas para perder peso y conseguir una relación con la comida más feliz y sana Las dietas por sí solas no suelen funcionar o no del todo Cuando hacemos dieta estamos demasiado centrados en qué podemos comer y no nos fijamos en cómo comemos ni cómo nos sentimos Kimberly Willis sabe que la única forma de mantener el peso ideal de forma definitiva es haciendo cambios fundamentales en el modo de pensar y de relacionarnos con la comida Diet Coach se centra más en ti que en los alimentos para ayudarte a superar las ansias de comer y a tomar de una vez por todas el control de tus hábitos alimentarios tanto si sigues una dieta como si no Ya sea a través de frases clave de sencillas técnicas para distraer tu ansiedad o tomándote tu tiempo para saborear cada bocado en este libro encontrarás estrategias y métodos muy simples que realmente funcionan

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