



Coaching Nutricional

Yolanda Fleta, Jaime Giménez

A red circular graphic with a gradient, appearing as a partial circle or a stylized arrow pointing to the right, located to the right of the authors' names.

Coaching 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 así como los eventos sociales que en ocasiones nos empujan a romper nuestro compromiso o un entorno que no siempre nos lo pone fácil son obstáculos que debemos aprender a superar Este libro ofrece herramientas que nos ayudarán a afrontar esta difícil tarea Nos acompaña en un increíble viaje de autoconocimiento en el que a través de los ejercicios que propone aprenderemos a identificar las barreras que nos impiden mantener el tipo de alimentación 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 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 obstáculos 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 obstáculos 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 (edición actualizada) Yolanda Fleta, Jaime Giménez, 2023-01-05 Un libro que no solo nos enseña qué 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 ayudarán 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 para niños y padres

Yolanda Fleta, Jaime Giménez, 2018-04-05 Has intentado alguna vez que tus hijos coman sano y no lo has conseguido Muchas veces lo que falla al procurar que nuestros hijos coman mejor son las estrategias con las que afrontamos este cambio Quiz se deba a la falta de tiempo para preparar meriendas sanas al poco autocontrol de los niños frente a los dulces o a no tener claro qué alimentos son los más saludables y adecuados Este libro aporta información nutricional y estrategias de coaching nutricional para conseguir no solo que nuestros hijos coman sano sino también que se sientan mejor con ellos mismos y desarrollen su inteligencia emocional Con los ejercicios que se proponen podremos identificar cuál es la motivación de cada miembro de la familia para alimentarse bien y fijar objetivos realistas y asequibles renovaremos la relación con la comida y nos despediremos del azúcar trabajaremos la disciplina sabremos qué alimentos nos convienen y cuáles no y aprenderemos a elaborar un menú semanal todos juntos

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Jaime Gimenez, Yolanda Fleta, 2018-01-30 Has intentado alguna vez que tus hijos coman sano y no lo has conseguido Muchas veces lo que falla al procurar que nuestros hijos coman mejor son las estrategias con las que afrontamos este cambio Quiz se deba a la falta de tiempo para preparar meriendas sanas al poco autocontrol de los niños frente a los dulces o a no tener claro qué alimentos son los más saludables y adecuados Este libro aporta información nutricional y estrategias de coaching nutricional para conseguir no solo que nuestros hijos coman sano sino también que se sientan mejor con ellos mismos y desarrollen su inteligencia emocional Con los ejercicios que se proponen podremos identificar cuál es la motivación de cada miembro de la familia para alimentarse bien y fijar objetivos realistas y asequibles renovaremos la relación con la comida y nos despediremos del azúcar trabajaremos la disciplina sabremos qué alimentos nos convienen y cuáles no y aprenderemos a elaborar un menú semanal todos juntos

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 hábitos alimenticios Los entrenadores nutricionistas trabajan con sus clientes para comprender sus necesidades y objetivos y luego desarrollan un plan de nutrición 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 crónicas o simplemente comer de manera más saludable

El proceso de coaching nutricional puede ayudar a las personas a Aprende sobre los fundamentos de la nutrición Identifica tus hábitos alimenticios actuales Establecer metas de salud Desarrollar un plan de nutrición personalizado Ejecuta tu plan de nutrición Superar desafíos 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

UNLOCK your vitality with Superfoods Digital World,2025-10-30 Discover the Secret to a Long Light and Energetic Life Did you know that what you put on your plate can change the course of your life More than a trend healthy eating is the true path to balance between body mind and vitality and now this knowledge is gathered in one transformative book The Power of Superfoods Smart Combinations and Habits That Transform Your Health is a complete journey that goes far beyond fad diets Here you learn how to use the natural power of food to strengthen your body boost your immunity elevate your mood and achieve lasting energy all in a practical scientific and enjoyable way What you will find in this book The world's most powerful superfoods and how to combine them for real results Smart meal planning strategies with simple and accessible menus The secrets of functional nutrition based on modern studies and ancestral tradition The relationship between emotions and food how what you eat directly affects your mood and well being An inspiring look at sustainability and longevity showing how eating well is also caring for the planet Why this book is different Because it unites science awareness and pleasure Each page was written to inspire small changes that generate big transformations It's not about a fad diet but a new lifestyle based on conscious tasty and achievable choices Written in clear and engaging language this eBook is perfect for those who are starting to take care of their diet as well as those seeking to deepen their knowledge of nutrition and well being Transform your body Awaken your energy Renew your life Thousands of people are already discovering the power of superfoods and living with more lightness energy and mental clarity Now it's your turn to be part of this change Download your copy of The Power of Superfoods now on major reading platforms Read Try it Feel the difference in every meal every day every new beginning

Más Allá de la Dieta: Nutrición Consciente Para una Vida Plena Juan Martinez,2025-07-02 Estás cansado de las dietas estrictas la culpa tras cada comida y la constante batalla con tu cuerpo Más Allá de la Dieta te invita a descubrir un enfoque revolucionario la nutrición consciente En estas páginas encontrarás herramientas prácticas y reflexiones profundas para reconectar con tus señales internas de hambre y saciedad disfrutar de los alimentos sin restricciones y cultivar una relación sana y amorosa con la comida Aprenderás a liberarte del ciclo de las dietas a elegir lo que nutre tanto tu cuerpo como tu mente y a crear hábitos sostenibles que te permitan vivir con energía equilibrio y plenitud Este libro no es un plan de alimentación ni una lista de prohibiciones Es una guía para que descubras que comer bien no significa vivir limitado sino disfrutar plenamente del acto de alimentarte y de la vida misma Atrévete a dar el paso hacia una vida más consciente libre y saludable Tu bienestar empieza hoy *¿Qué es el Coaching? Principios básicos si quieres convertirte en Coach de Éxito* ALFONSO SUAREZ ROSALES,2024-01-19 Descubre el universo fascinante del

Coaching con Qu es el Coaching y para qu sirve Este libro no solo resolver todas tus dudas sino que te sumergir en un viaje transformador hacia el autodescubrimiento y el logro de tus metas Si ans as entender qu es el Coaching en un lenguaje claro y sencillo si te visualizas como un futuro Coach o si simplemente buscas t cnicas para cambiar radicalmente tu perspectiva de vida y alcanzar tus objetivos entonces has encontrado el libro perfecto Qu es el Coaching y para qu sirve es la br jula que necesitas para orientarte en este excitante camino Recopilando art culos y experiencias del autor Alfonso Su rez te ofrece una visi n privilegiada del Coaching desde la perspectiva de un experto en el campo Adem s si tu aspiraci n es convertirte en Coach te guiar en la elecci n de la mejor escuela explorando los diferentes tipos de Coaching para que encuentres el que m s se alinee con tus metas y necesidades Este libro no solo es una lectura es tu entrada a un mundo de posibilidades donde tu potencial se desbloquea y tus sue os se vuelven alcanzables Prep rate para transformar tu vida y descubrir tu mejor versi n El Coaching tiene el poder de cambiar vidas de convertirte en una persona exitosa y todo con herramientas que t ya tienes dentro de ti Descubre c mo es esto posible Sobre el Autor Alfonso Su rez Escritor imparte conferencias de xito profesional y personal es MBA Business Coach Autor del Best Seller Tu xito Eres T en el que ha desarrollado un sistema de pasos para alcanzar el xito convirtiendo al usuario en un experto en su nicho de trabajo y un referente en su rea convocando a las personas que desean mejorar sus vidas Imparte conferencias para emprendedores y empresarios cuyo objetivo es expandir su negocio creciendo en el mercado en base a su credibilidad Su determinaci n de alcanzar el xito le ha llevado a formarse con coach y mentores en Europa y Am rica l deres en campos como los negocios m rketing y liderazgo Alfonso Suarez gracias a su personalidad esfuerzo y conocimientos ayuda a otros coaches a alcanzan resultados reales venciendo creencias y miedos a lograr lo que l ha logrado convertir su pasi n en su profesi n Alfonso Suarez naci en Maracaibo Venezuela en 1976 y reside en Madrid Espa a

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