

Adele Frizzell

Adele Frizzell LLC
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Welcome!

Thank you so much for your interest in my coaching services. My name is Adele Frizzell and I am a certified health and fitness coach at www.AdeleFrizzell.com. I work exclusively online through email and voice/video calls with my clients.

Whether you wish to lose weight with HCG or not, I'm here to help you become healthy, fit, and unstoppable.

I'll work with you through the all phases of a diet: *The Preparation Phase, The Diet Phase, The Transition Phase, and the Maintenance Phase*. My goal is to help you lose weight and keep it off!

Would you like that?

Then before I send you the link to my calendar to book a FREE 1:1 coaching call with me, can you do me a favor? Would you answer two simple questions?

1. How/Where did you hear about me?

2. Goals - What would you like to achieve while working with me?

That's it! Please email me back your answers at CoachingWithAdele@gmail.com and we can go from there! I am looking forward to answering all your questions!

Adele Frizzell

P.S. Read how I helped C to lose 60 pounds with HCG and Flexible Dieting, eating twice as much food as the original Simeons Protocol at <http://adelefrizzell.com/how-c-lost-60-pounds/>