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METRO FILE

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Who's Hot: Nutritional consultant guides people to healthier lifestyle



MICHAEL COMMUNICATIONS MEDIA GROUP

Name: Natalie Bean-Sole
Age: 31
Occupation: Nutritional Consultant

"Many people think that if you're thin, life is perfect and that the grass is greener on the other side."
—NATALIE BEAN-SOLE

Pizza, potato chips, ice cream, soda pop — heaven to your taste buds, hell to your waistline.

Put junk food and crap into your body and you'll start looking like junk and feeling like crap, says nutritional consultant Natalie Bean-Sole, who has made it her business to egg people towards healthier lifestyles.

You wouldn't think it to see it, but the slim trim 31-year-old used to be an overweight teenager.

Thanks to a cocktail blend of will power, proper nutrition and fitness, she now stands at a striking 127 pounds.

Plus, she's managed to keep that excess weight off for the past 10 years.

Bean-Sole's successful battle of the bulge sparked Nutrition Forever Inc., a nutritional consulting business she oversees with two other counsellors.

Together they offer one-on-one care to clients ranging in age from 10 to 90. Many of those clients are university students.

"I tell them my story and that I was one of them. I know what headspace they're in," says Bean-Sole, who fields calls from campuses across Canada.

Partying, late nights, cramming and fast food fixes make them a prime target for weight gain.

That gain is often accompanied by low self-esteem, social rejection and depression, says Bean-Sole.

It can also pave the way to serious physical conditions in adult life like type two diabetes and heart disease if not thwarted early.

From \$375 upwards, Bean-Sole offers programs ranging from five to 20 weeks to clients seeking to shed (or add) pounds.

Kitchen cupboards have been cleared and grocery carts have even been filled for some clients by Bean-Sole's team.

Rest assured, there are no Dr. Phil dramatics or quick fix diets on the menu.

"My plan is not a diet — it's a lifestyle," explains Bean-Sole, who values long-term results, and a fit spirit as much as she does a fit bod.

"Many people think that if you're thin, life is perfect and that the grass is greener on the other side," she adds.

However, they soon find out that being fit is what brings health and happiness — "not wearing a size two."

Check out www.nutritionforeverinc.com for more information.

LAWRENCE CHAU/METRO TORONTO
whohot@rogers.com

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