

HANNAH BRANDT

Dr. Hannah Brandt, PT, DPT, CPT, IFNCP, is the founder and lead coach at HLB Lifestyle, a virtual nutrition and fitness coaching company that aims to redefine the accepted norms of diet culture and weight loss. After having lost and maintained a weight loss of over sixty pounds, Hannah knows that women don't need another product, program or supplement to be successful. Instead, HLB Lifestyle is shifting the concepts associated with weight management from fad diets, severe restriction, and quick fixes to sustainability, optimal health, and a relentless pursuit of joy.



EXPERT TOPICS

- Embracing weight loss goals without shame
- Prioritizing yourself when it's not convenient
- Helping healthcare providers prioritize themselves
- The biggest lies we've been told about weight loss
- Workshopping your wellness
- Sustainable weight management

SAMPLE QUESTIONS

- What's the danger in having 'weight loss' be a taboo topic?
- How can women set realistic health goals without buying into clickbait marketing messages?
- What are some strategies for prioritizing self-care during the busiest of seasons?
- What are the foundations of wellness that no supplement will ever replace?
- Why do group wellness programs often not work for women who've struggled with weight loss?
- How do you use data to identify blindspots and improve consistency?
- Why does the 'I'll start on Monday' mindset predict future challenges with consistency?

AS HEARD ON

