



## Island Woman Makes Weight Loss Breakthrough and Shares Findings with Others

**Summary:** *After a long journey of learning how to accept her appearance even though she had lost a substantial amount of weight, Kelly Clements-Gennis has developed a revolutionary weight loss program which is empowering women across PEI.*

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(Charlottetown PE) September 25, 2009 – After losing 40 pounds and 50 inches, but still not liking the woman looking back at her in the mirror, Kelly Clements-Gennis knew something was wrong. Logically, she had what she wanted – a lower number on the scales, but there was a mental disconnect. In fact, this feeling of being physically lighter but feeling no different inside added mental weight that Ms Clements-Gennis did not like.

“The problem that I’ve seen with most weight loss programs, and trust me, I’ve tried them all,” states Clements-Gennis, “is the focus is all on shedding the pounds so you look thin. What nobody tells you is that when you focus on losing weight to reach a magic number on the scales is that there’s no guarantee that you’ll feel any better about yourself. In my case, I felt worse because here I’d worked so hard to take off 40 pounds but I had a feeling like...so what? What was that for? I still don’t like that woman in the mirror. I still had no

confidence.”

Clements-Gennis started writing about her feelings and what started appearing on the pages of her journals astonished her. She says, “I started reading what I had written and I basically had created a program based on the advice I was giving myself through my writing. I started to heed my own words and before I knew it, I started losing more weight, but this time it was different. This time, with each physical pound of weight I was losing, I was taking off mental baggage as well. Before I knew it, I was looking at my reflection and honestly loving what I saw looking back at me. For the first time in my life, I felt radiant.”

Knowing that the majority of women have trouble accepting their looks, Clements-Gennis felt that she had a duty to hone the program she had created so other women could feel what she was feeling. The result was a breakthrough program she calls “Be...BEAUTIFUL” and through a series of 8 group coaching sessions in a classroom setting, women are taken on a journey of self-discovery resulting in weight loss, a feeling of beauty and most importantly, empowerment.

A new session is starting on Tuesday, September 29 and runs for 8 weeks. Classes start at 6pm at 500 B Queen Street, the Health Within Holistic Center. Space is limited, so early registrations are recommended. For more information, including a detailed program outline and how to register outline, visit <http://www.thinkfeelbe.ca> or call Kelly at 902-218-3713.

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