

Alice Greene
America's Healthy Lifestyle Coach
President, Feel Your Personal Best



Alice is known as America's Healthy Lifestyle Coach. She is leading the way in blending lifestyle coaching with fitness, nutrition, emotional eating, wellness and dream fulfillment to create a healthier way of living.

Alice is the founder and president of Feel Your Personal Best, a leader in healthy lifestyle coaching. She is also the author of series of coach-facilitated Healthy Living "program-in-a-guide", co-developer of the Living Free Diabetes CD program, and co-host of Living Your Personal Best radio show. She also hosts the blog Healthy Living Inside & Out.

She is a certified ACE personal trainer, Dream Coach® group leader, and certified in Intuitive Eating. She is also a graduate of the Fitness by Phone® coaching program and has completed coursework in lifestyle fitness and wellness coaching.

Alice knows what it takes to find the resolve to live a better life and the steps to successfully make fitness, health and following dreams a positive lifestyle choice. Six years ago she resolved to finally get fit, gain control over her weight, and leave the high-tech consulting firm she started and ran for sixteen years to create a lifestyle coaching business based on her successful experience.

She was formerly president of Industry Directions, a high tech research consultancy firm. She was also an analyst with International Data Corporation (IDC), and a management consultant with Coopers & Lybrand as well as Price Waterhouse.

Alice is now 50. She is in the best shape of her life and living the life of her dreams by using the same concepts she provides to her clients.