

Independent - Certified Health Coaches

Joyce & John Blonskij



JOYCE AND JOHN Blonskij are making a difference in the lives of the clients they are helping. They began in their own personal health journeys looking to turn back morbid obesity, multiple medications, and type-2 diabetes, and they did!

Joyce's Story: My lower back, knees and hips ached all the time. I could not make it up a flight of stairs without stopping to rest and catch my breath. The heels of my feet literally cracking and bleeding under the 265 pounds I was carrying around. I knew I needed to do something, but WHAT (?) was the question. I had been on every known diet there was since high school, and even invented a few new ones along the way. I was 56 years old when I found my health coach mentor and started my journey to health. I lost 105* pounds five years ago and counting. Today, I can run up a flight of stairs and nothing hurts. I love my new healthy life.

Many people are disappointed with their health and discouraged with diets that leave them feeling hungry and deprived. Our programs are formulated with the proper balance of protein, carbs, fiber, vitamins, and minerals. They contain no harmful additives or dangerous supplements. And with over 80 different meals, clients find no shortage of delicious ways to get healthy – without feeling hungry.

John's Story: I never dieted and pretty much always ate whatever I wanted. When I got into my fifty's I started putting on weight. My doctor put me on medications for: high blood pressure, cholesterol, and diabetes. He told me I needed to lose weight. I had been watching Joyce get healthy, and decided I'd join her to see if I could get my sugar levels under control. In a few weeks after eating healthy my sugar levels were in a normal range, and before I knew it I had lost 55lbs*. I am off ALL medications. My A1C1 levels are great. Joyce and I are helping others to have better health too.

Unique to our health programs are three components that provide the foundation and the long-term support that will help our clients all along the way: a Health Coach, easy to follow meal plans, and healthy lifestyle education. Our programs have been clinically proven safe and effective for more than 30 years and recommended by over 20,000 doctors since 1980. We are here to guide and support clients every step of the way: Weight-Loss Phase, Transition, & Maintenance.

What are you waiting for? Let us help you get started today.

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*Results vary. Typical weight loss on our program is 2-5 lbs. per week for the first 2 weeks and 1-2 lbs. per week thereafter.