



liza baker

Full-time health coach and nonprofit consultant, self-published author, blogger, and woefully underpaid COO of a busy family of four spread across the globe—Liza (Leeza) adores her crazy life and brings her passion, knowledge, and experience to the table to help you love YOUR life—no matter how crazy it is—and reach your health goals.

She's a health coach and sanity whisperer to under-appreciated, under-listened to, under-taken-care-of, under-valued, overwhelmed, overworked, over-scheduled, overtired, and OVER. IT. ALL. wives and mothers 40+ who work in the mission-driven/nonprofit sector and dream of a starring role in their own lives after too many years of playing best supporting actress in everyone else's.

More simply: Liza's mission is to support you in being well while doing good.

Liza received her health coach training from the Institute for Integrative Nutrition® and an AAS in Culinary Arts from the Cooking + Hospitality Institute of Chicago (later part of Le Cordon Bleu). In the years BC (before children), she was the owner and executive chef of a catering and private chef company in Chicago and over the years has taught cooking and nutrition to all ages.

Liza lives in a half-empty nest in Ann Arbor, MI and is passionate about health and happiness, education and empowerment, SOLE/SOUL food and social justice.

stay in touch!

t | 310-892-9485

w | <https://simply-healthcoaching.com>

e | liza@simply-healthcoaching.com

LinkedIn | <http://www.linkedin.com/in/lizabakera2>

Facebook | [@simplyhealthcoachinglizabaker](https://www.facebook.com/simplyhealthcoachinglizabaker)