



Photo Chuk Nowak Photography, 2015

simply: health coaching | liza baker

Liza (that's Leeza!) is a full-time Integrative Nutrition® health coach, self-published author, part-time consultant, and woefully underpaid COO of a busy family of four.

Her coaching work is grounded in the belief that women 40+ who feel that the only way out of their overscheduled lives involves a plane ticket, a wad of cash, and a change of identity can instead live happy, healthy lives, meeting all their obligations and honoring their own wildest, sweetest dreams. She coaches them in identifying and interrupting the patterns that contribute to their overwhelm and in establishing simple, sustainable new habits that will help them not just survive but thrive in what—contrary to popular belief—can be the happiest, healthiest decades of our lives.

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 she has taught cooking and nutrition to all ages.

What does that mean for you? Liza knows the value of nutrition—both the whole foods variety and the more holistic kind—and she can show you how you can make the food and lifestyle choices that nourish you...without adding more "shoulds" and hours to your already overwhelming schedule.

Liza lives with her husband in a half-empty nest in Ann Arbor, MI and is passionate about health and happiness, education and exercise, SOLE* food and social justice. Her cookbook and accompanying online meal planning course are available at <https://simply-healthcoaching.com/shop>.

**Seasonal, Organic, Local, Ethical: food should be healthful, "green," fair, and affordable for all.*

stay in touch!

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