

For the past 20 years, Marisol Ballaro has focused her career in the restaurant industry. Yet, as much as she loves the food and the atmosphere, she equally loves health and fitness. She's run half-marathons, experimented with dietary theories, and has found support through weight loss groups. But over the past two years, much has changed in career.

"I began to see my two worlds collide when patrons, coworkers, and vendors began asking me for advice about healthy eating," Marisol said. "I felt a call to action to help them identify their dieting myths and learn to eat clean and lose weight."

Pursuing a new career as a Health Coach, Marisol enrolled at The Institute for Integrative Nutrition's Health Coach Certification Program, graduating in 2016. She's since formed Marisol Ballaro Health Coaching in West Los Angeles, California. Today, her mission is to help clients prioritize self-care to improve their health and well-being, as well as their loved ones.

Built solely through word of mouth, Marisol specializes in several programs designed to improve clients' physical and emotional health mainly through diet, movement, self-care, and education. Her 50-minute sessions can sometimes be entirely therapeutic to discuss clients' needs to release and/or gain clarity, or they can be more hands-on, teaching them how to shop for and prepare healthy meals, or meeting for outdoor workouts. These sessions always, however, include discussions about progress and a review of weekly assignments and goals.

Motivated for having struggled with weight and body issues herself, Marisol hopes to help others overcome their own issues with weight so that they, too, can live their best lives. Even more so, she is determined to contribute to her husband's ability to heal holistically as he currently battles cancer.

"Today, more than ever, Americans need the guidance and support of a health coach," Marisol said. "Chronic and 'lifestyle' diseases are rampant and we're constantly bombarded with conflicting health information from the media. The average person doesn't have the time or resources to research dietary theory, levels of toxicity in our food and products, how to cook or relieve stress, or how to implement movement in an overscheduled life. That's where I come in."

Marisol Ballaro

Health and Wellness
Health Coach,
Marisol Ballaro Health Coaching
West Los Angeles, CA



Q&A

Q: What's the hardest part about being a health coach?

A: *Holding silence, a very effective way to provide clients the space they need to be thoughtful and come to make important realizations. Sometimes the client just needs to be put in a position where they're forced to listen to what they've said, think on it, and create their own solutions.*

Q: What role does supplementation play in nutrition and weight loss?

A: *Due to the role that government plays in agriculture and the hybridization and genetic modification of our food supply, quality nutrition is impossible to achieve without the aid of clean supplements. Introduced to US&A, I found these to be the best supplements to improve health at the cellular level.*

Q: What do you love most about your work?

A: *Results! I love seeing clients take control of their lives and transform into new and improved versions of themselves.*

She Media NY Logo. ph cell wall street. liberty and ferry. times square. grand central. bus. About Us Ad Venues Markets. Learn about working at SHE Media Group. Join LinkedIn today for free. See who you know at SHE Media Group, leverage your professional network, and get. SHE provides custom Website & Digital Development services to include Content & Search Engine Optimization SEO, Search Engine Marketing, Google. SHE EPISODE 8 27TH MARCH SHE EPISODE 9 EASTER AND SALVATION 1ST APRIL Familymedia 85 Views. Join She Run It for our What's Hot in Media Conference. As technology and innovation continue to disrupt the marketing and media. SHE Media, Glen Allen, Virginia. 63 likes. Local Business. Effective, Results-Oriented Public Relations & Media Campaigns Contact Us. Burlington, VT - year-old Logan Huysman took to social media after her arrest, claiming that Burlington police sexually assaulted her. She. A geographer, he has researched and published widely on the political and cultural He specializes in the geography of media and also works applying. Strong female action hero in positive-message-packed show. Read Common Sense Media's She-Ra: Princess of Power review, age rating, and parents guide. In the research situation, she was dressed in a girlish street-wise style (tight exhibiting 'masculinity' towards new media she claimed that she loved to play. If Diana were alive today would she be all over social media the way she was all over old media?. Nicola and Paula created She Says Events to provide a platform for courageous, badass women to share their incredible knowledge, stories and wise words.

[\[PDF\] Dealing With Stealing](#)

[\[PDF\] A History Of Harrogate & Knaresborough](#)

[\[PDF\] The Big Question](#)

[\[PDF\] Calculus With Elementary Functions](#)

[\[PDF\] Neuronal Sodium Channel SCN8A: Genomic Organization, Alternative Splicing, And Role In Neurological](#)

[\[PDF\] The Red Heart Tattoo](#)

[\[PDF\] Lady Moonlight](#)