

NANCY LEEDS GRIBBLE

VEGAN CULINARY NUTRITION & LIFESTYLE EXPERT (FOR WOMEN OVER 50)



Nancy Leeds Gribble had the world by the tail. Riding high as an incredibly successful realtor, married to the love of her life, and giving birth to her son, Nancy loved the life she created.

She felt invincible until everything came crashing down when her husband was diagnosed with a terminal illness. Within a year she was widowed, the real estate market and economy crashed, and Nancy became a single mom to her four-year-old son.

For the next few years, Nancy stumbled through life in a fog, not knowing who she was or what she wanted to become. Gravitating to what was familiar, Nancy went back into real estate. Having lost her passion both personally and professionally, she knew something had to give.

Taking stock of what she had accomplished and the life she knew she could have, Nancy began the journey to becoming her best self yet.

Life had a different plan. Without much warning her new love suddenly died of pancreatic cancer. It was another devastating blow, that had Nancy questioning her faith and purpose.

Realizing she could not let years pass by to pull herself together, Nancy began the journey of a lifetime. Embarking on the biggest transformation of her life, her workouts became her therapy.

She focused on self-care, being the best mom she could be, and digging deep into personal development books, workshops, and documentaries.



Having been vegetarian and vegan for half her life, she pursued her lifelong interest in health and culinary nutrition.

At an age when many women are thinking of retirement, Nancy enrolled in the Institute of Integrative Nutrition in 2015.

Since that time, Nancy has immersed herself into advanced studies, developing her skills as a women's empowerment mentor, earned her certification as a FasterWay® Coach and developed her service offerings as a Premier Lifestyle Expert who helps women over 50 thrive fearlessly in conquering their goals for a healthy and joyful life.

Nourish ~ Lift ~ Grow

From stuck to unstoppable!

SIGNATURE PRESENTATIONS

- ✓ From Stuck To Stoppable - Stop waiting and start creating the life you desire... you are not too old and it's never too late!
- ✓ Pro-Age The Plant -based Way - The power of plants for optimal health, weight loss and vitality
- ✓ The 5M Formula for women over 50 to achieve optimal health: Mind, Movement, Meals, Mastery, and Mindfulness.

THE FASTER WAY® PROGRAM

What if you could feel amazing again? You do not have to spend one more ounce of energy trying to figure out what to eat, when and how, or how you should be working out. I will teach you foundations that are sustainable along with cutting edge strategies for Midlife women so that you can regain your energy, lose weight, burn that stubborn belly fat without diet deprivation or spending hours working out. This is not short-term or quick-fix results. This is real, life-changing results. With the Faster Way to Fat Loss® you can finally achieve your fitness and health goals.



CONTACT DETAILS

To arrange an interview, speaking engagement or enroll in one of my empowerment programs, reach out via phone or email.

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