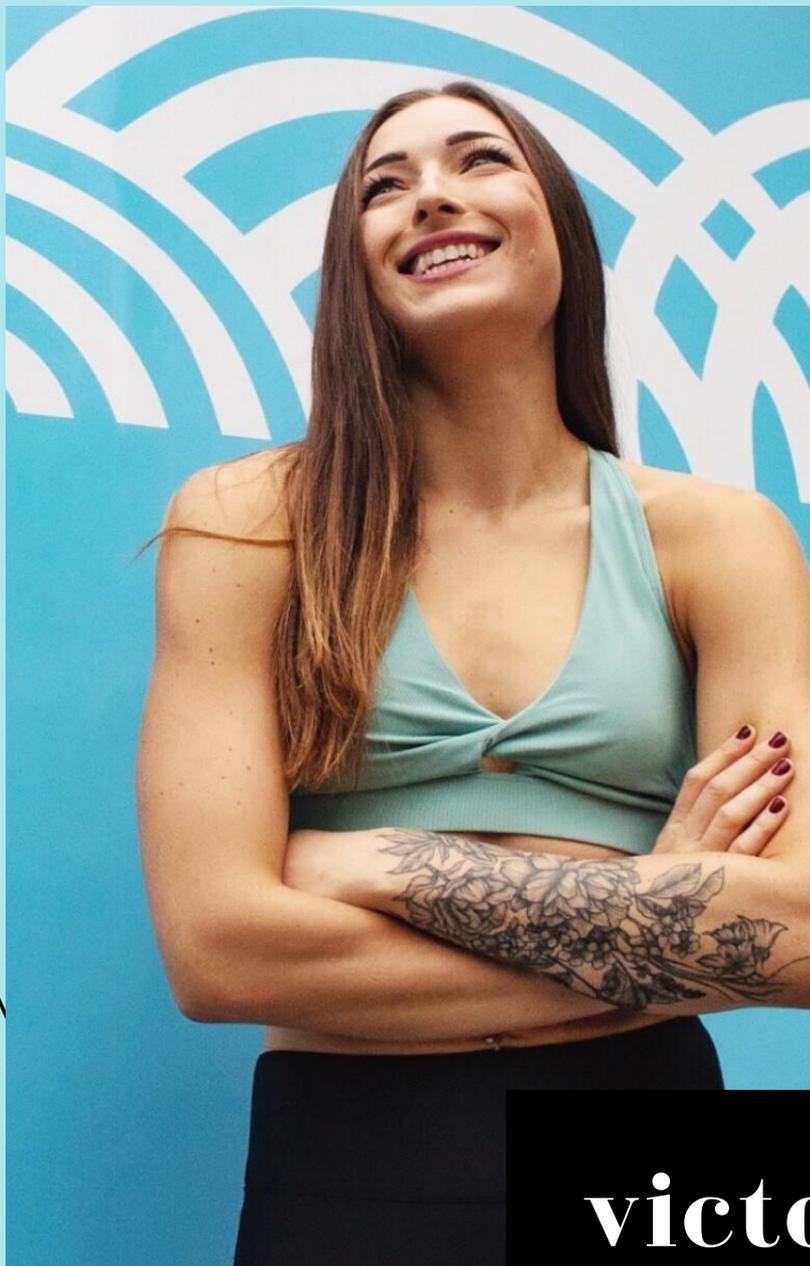


victoriaevansofficial.com



victoria evans

INTUITIVE EATING COACH



2,000+



1,200+



5000+

victoria evans

INTUITIVE EATING COACH

about me

What started out as a 12 week weight loss guaranteed plan from a famous Instagram influencer, quickly got out of hand. I lost 75 pounds in a matter of weeks. I was sick and unhealthy yet praised and promoted as the poster child of her program. I went from invisible to inspiration overnight but the cost was almost my life.

In my own recovery from extreme dieting, anorexia, bulimia, and binge eating, I saw where our society had let us down and how the support and education available for women was severely lacking.

As a result, I became the coach that I myself needed in my recovery. I take my first hand experience and unique science based approach and teach women how to stop heal their relationship with food so that they can be free to eat and live intuitively.

my podcast

We're all on the search for happiness but what factors actually have a role in it? Each week we will discuss topics such as empowerment, diet culture, eating disorders, mental health, body image, intuitive eating, wellness, confidence and much more. No matter where you are in your journey to find happiness if you want to learn how to live your best life then this podcast will guide you along the way.

"Happiness has nothing to do with your exterior form. You will spend your whole life searching until you realize that it is an inside job."

topics for discussion

Here are sample questions you can ask me in an interview

- you recovered from your eating disorder in an unconventional way, what did that look like for you?
- your rock bottom moment was standing on top of a mountain after running 30 km at 3 am, can you tell us about this?
- why do you believe our culture is to blame and not individual eating disorder sufferers?
- for those currently struggling with disordered eating and exercise, what would you tell them?
- you coach intuitive eating, could you explain what that is and why you think it is the key to happiness?
- you uniquely coach from a science and evolutionary standpoint, why is this method crucial for healing your relationship with food?
- can you share with us some of your famous actionable tools to start eating intuitively today?

Podcast with VICTORIA EVANS



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Episode 19: From Binging to Balance with Laura Michelle

(@lauragfit Instagram 175,000 followers)