

Getting to the root of weighty issues with the women of “A Lifetime of Health and Wellness Makeover™”

Wellness Doctor and Life Coach Gabriela Cora puts 2 of the women of “A Lifetime of Health and Wellness Makeover™” on the spot, challenging them to determine what is holding them back from a life of well-being

(Pompano Beach, FL) May 16 2012, “You don’t have weight issues unless you have other issues” says Rosa Gordon, one of the women on the next episode of “A Lifetime of Health and Wellness Makeover™”. That’s why wellness coach Dr. Gaby Cora focuses on working with Rosa and Antonia to try and get to the root of why their trainers think they are no longer giving 100% to the program. The women and their trainers vent and share with Dr. Gaby, seeking her advice on how to turn the corner to wellness, and it’s shocking what comes out.

Justifications, excuses and frustrations fly as she delves deep into why these women and their trainers are at loggerheads. Adriana is upset with Rosa’s cheating. Luca is frustrated with Antonia’s slacking. The women claim that their trainers’ expectations and attitudes are the cause. The dirty laundry is airing in episode 13 and Dr. Gaby rises up to help them clean up the mess.

“We can all sit in the back seat and let others control the ride. However, we become true leaders of our destiny by taking charge of our own lives and making the best choices on our path to health and wellness. A day at a time, we commit to a healthy lifestyle today to build a future of well-being that will last a lifetime,” says Dr. Gaby, not allowing the women to make excuses for their behavior as they try to turn the tables and blame their trainers for their stalled success.

“The show’s trainers are focused, experienced, and committed to coaching the participants as they strive to achieve their goal of health and wellness taking one day at a time,” Dr. Gaby continues as she turns it back on the women to help them get to the root of the issue.

How will Dr. Gaby mend the rifts? Will the trainers be able to get their clients back on the road to health and wellness? Most importantly, are the women willing to do it? It’s all on Episode 13 airing Monday May 21st 7am (ET/PT) on Lifetime. Tune in for this can’t miss episode to find out the answers on “A Lifetime of Health and Wellness Makeover.™”

About Dr. Gaby Cora

Gaby Cora, wellness doctor, life coach and psychiatrist is the author of [ExecutiveHealth.com's Leading Under Pressure](#) (Career Press, 2010.) She joins the “A Lifetime of Health and Wellness Makeover™” brought to you by “The Balancing Act” on Lifetime as the new Wellness Doctor and Coach. <http://www.DrGabyCora.com>

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About “A Lifetime of Health and Wellness Makeover” Series-

This special series details the six month journey of four women who want to transform their lives in the areas of health, nutrition, fitness, beauty, lifestyle and empowerment. Partners of the series include Premier Fitness Camp at La Costa Resort, MARATHON®, The American Council on Exercise®, MODA by Sofia, Proskins, LTD, Onnit™ Labs, LLC, StepGym, Chi Living®, Bejo Seeds, Inc., Armpocket™, SDC Nutrition, Inc., Shock Absorber, US Inc. and The Healthy Weight Commitment Foundation. The series will air Monday mornings at 7am (et/pt) for six months, starting January 30th.

For more information or to view a show visit
<http://empower.thebalancingact.com/a-lifetime-of-health-and-wellness-makeover>

About “The Balancing Act” on Lifetime TV

The Balancing Act, America’s premier morning show airs weekday mornings on Lifetime Television at 7:00am (ET/PT). These days the modern woman is trying to balance it all and the mission at The Balancing Act is to bring them solutions to them to help them balance life, career, family and most importantly themselves. The Balancing Act is a show that’s about women, for women and trusted by women.

For information or to view a show, visit <http://www.TheBalancingAct.com>.