



Your Turn, Women Supporting Women for Health and Wellness Volume I

Melodie Holman

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In October of 2009 Mel stood on the scale of her doctor's office and told herself she was fat. She is the mother of five children and over the last two and a half years lost 100-pounds, ran a marathon, and started a woman's movement. She also lost her home to foreclosure during the Great Recession. Mel experiences first hand the power of women working together toward health and fitness goals every day and is building an organization that provides support. It's just that simple. It's just that powerful. She grieves the statistics of obesity around the world – it hits her right in her gut because she knows the struggles first hand. This book will transform your health and wellness as you learn how to support another woman in hers.

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