SHIFT into 2026

Shift Life

Health Coaching with Jenny Perin

It's time to...

- Feel good in your body without obsessing over food
- Lose (and maintain) weight in a way that finally sticks
- Have energy left over to show up fully at work, home, and for yourself

It is time for a sustainable Shift.

WHAT YOU GET

✓ A clear, personalized way of eating that fits your life
✓ Tools to make healthy choices simple, not stressful
✓ Confidence and energy to carry you through 2026 & beyond!

Shift your life and achieve your health and wellness goals.

What is SHIFT

Online, LIVE, Group Coaching Program

Two live, online, 90-minute, group coaching sessions designed for busy, high-achieving women who want results without the gimmicks.

Session One

Build Your Foundation

Get clear on your goals and put a simple plan in place before the holiday chaos.

Session Two

Build Your Momentum

Start 2026 strong with structure, accountability, and practical strategies that last.

What makes this different?

- Designed for women who do it all.
- Practical, sustainable shifts you can actually stick to—even with a packed schedule.
- Real support.
- Coaching, guidance, and the motivation of women walking the same path.