

MARLENE SIERSEMA
INTERNATIONAL

8941 Atlanta Avenue, Suite 410
Huntington Beach, CA 92646
media@MarleneSiersema.com
800-258-8424



Dr Marlene Spills the Beans to Finding Your Sexy-Self™ with Her Amazing Weight Loss Secrets

**Learn How this Former Morbidly Obese Speaker Lost 170 lbs
Finding Self Esteem, Self Respect and Her Buried Sexy-Self™**

TODAY'S OBESITY CLIMATE

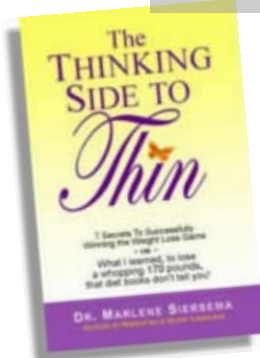
Obesity is at record levels and it's still rising; 68% of Americans are overweight and 22% of women are considered obese. Every day the media bombards us with conflicting messages. While getting lunch at a drive through you hear; you can 'supersize' your meal for a mere extra 25 cents, even as the news on the radio is blaring all the shocking statistics of being fat!

SEXY SELF TRAK™ MOTIVATION = UNDISCOVERED RESOURCES OF ENERGY

Create a tectonic shift to dynamic health, a new attitude, and rediscover your Sexy Self™. Dr Marlene's lively and exciting talk puts your audience in the right mind-set to think their way to a vibrant slimmer lifestyle. She is living proof that after 50 you can lose 170 pounds. More importantly she has kept it off for over 5 years and counting. She is still motivated and wants others to learn how she stays that way.

The Perfect Speaker for Your Next Meeting or Conference

When this knowledgeable and motivational speaker takes the stage you are assured a presentation that is ...



REAL KNOWLEDGE NOT HYPE

Dr Marlene consistently delivers firsthand knowledge of real life obesity; and weight loss problems with attainable success. She offers understanding and an inspiring message to your audience in her own dynamic and engaging way.

BOOK DR MARLENE

Dr Marlene is ready today to energize your audience on their new Sexy Self Trak™. Grab your best friend, mother, sister, daughter or anyone! This entertaining speaker share's her secrets and knowledge to a vibrant slimmer lifestyle. Your audience will come away with strategies and weight control ideas that can be implemented before they leave!

Well Researched and Highly Entertaining

Packed with facts that are easy to understand so your audience will gain the confidence necessary to succeed

Inspiring and Motivating

Dr Marlene sparks change as she shares her own story. How she got to morbid obesity, and how she left it by learning to look at life from a different angle. Her passion is to help others feel as good as she does now.

Customized for the Audience

This feisty redhead can customize to your audience. Businesses even benefit. Weaving eating control and good business and sales techniques. She is great on her feet answering questions from her first hand knowledge and extensive research.

www.MarleneSiersema.com

www.ThinkingSideToThin.com

www.AmazingWomenBBS.com



Dr Marlene's Amazing Keynotes



Decoding the Diet Myth

DISCOVER WHY CONVENTIONAL DIETING IS DEAD

Conventional dieting is rehashing failures from the past which is like pushing Jell-O uphill. Learn how to reap big results with the 5 Steps to Thinking for a new Sexy-Self™ and change that uphill battle to a downhill ride. Discover how weight-loss is just the start of the reinvention process that is the key to long term success. Dr Marlene unveils many examples of how to meet the challenges with easy changes.

Unlocking the Power of Attitude

WINNING THE GAME TO PERFECT WEIGHT

Refuse to take part in today's obese climate. If you are already overweight find out why it's not a lack of will power. Take the money/food journey and discover how food manufacturers and advertisers are creating the obese society. Find out why the bodies' perfect weight doesn't always agree with style and charts. Dr Marlene reveals steps to resetting your normal eating clock. After this speech you can start immediately and you'll never look at weight loss as impossible again.

The Magic of Family Team Power

UNCOVER THE AMAZING JOURNEY TO HEALTH

Regardless of the method of weight-loss undertaken, the journey affects the entire family...your team! Learn the 9 areas of uncertainty impacting weight loss. Dr Marlene says "Obesity is a family affair because to the obese person, food is an addiction. However; unlike other addictions where you can stop the use, humans must eat to live". Learn the action steps to pull the team together and what it will take to win the game. Stop chasing motivation and discover Family Team Power.

