

OUR TEAM



Lee Watts LCSW, is a therapist in private practice in Venice, Florida.

Lee has over ten years of experience in helping individuals and families regain control over their lives. He uses a combination of cognitive behavioral counseling, and psychodynamic counseling approaches, individualized to your specific needs. Lee will help you to understand not only the causes of problems that you may be having, but more importantly, develop a concrete plan for making real and lasting change. Lee graduated from Boston College Graduate School of Social Work, and also holds a degree in Bereavement Studies.



Dave Taylor, CPT is a graduate of (ACSM) American College of Sports Medicine.

Dave's broad fitness interests include weight management, nutrition, sports specific training, core, strength, balance, post rehabilitation counseling and special populations. Dave is the owner of Natural Balance Training in Sarasota, Florida.



Heidi-Jo Kaplan, MS, RD, CDE

Heidi-Jo is a registered dietician and certified diabetes educator. She holds a master's degree in clinical nutrition and exercise physiology from New York University and received her bachelors degree from Sarah Lawrence College.



FIT MIND FIT BODY
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SERVING THE GREATER SARASOTA AREA

Services are offered as discounted packages or separately.



FIT MIND FIT BODY

LINKING EMOTIONS TO ACTIONS—FOR CHANGE





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THE PROGRAM

Fit Mind Fit Body is a unique program* that combines mental health counseling and fitness guidance to achieve weight loss and overall wellness. Individuals will learn simple lifestyle and behavioral changes and begin to understand some of the underlying reasons why unhealthy decisions are made. Our team will assist you in changing your thought patterns, resulting in a healthier, more active and satisfying life.

This program is especially helpful for individuals:

- for whom chronic dieting is a way of life
- requiring weight loss prior to surgery
- suffering from depression and anxiety disorders
- who use food to cope when stressed, sad or anxious
- recuperating from eating disorders

The one-on-one training sessions teach you proper exercises and give you the confidence to become more active and fit. Repeated studies have shown a positive relationship between exercise and a decrease in the symptoms of depression and anxiety. By combining counseling sessions with your training sessions you can get the support you need while achieving your goals.

THE GOALS

- Increase balance and flexibility.
- Get the motivation and inspiration you need to stick with your program.
- Increase strength and endurance.
- Increase metabolism.
- Remove the mental roadblocks which prevent you from achieving lasting results.
- Live longer.
- Find out how to get the maximum results out of the least amount of time.
- Manage medical complications from obesity.
- Improve your physical relationship with your partner.
- Learn how to fully recover from an injury and how to prevent future injuries.
- Gain a better understanding about the mind- body connection and the role it plays in attaining a **Fit Mind Fit Body**.

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FIT MIND FIT BODY IS A
THREE-PHASE PROGRAM:

PHASE 1

GOAL SETTING

- Introduction and planning session with Lee and Dave.
- Counseling sessions one and two with Lee. During these initial counseling sessions you will continue planning for success, identify and begin to change existing negative thought patterns, and, increase your level of motivation.

PHASE 2

USING THE SYSTEM

- 8 sessions of personal training with Dave, as well as
- 4 weekly counseling sessions with Lee.

PHASE 3

INTEGRATING THE SYSTEM:

- 2 counseling sessions with Lee and Dave. These sessions will focus on aftercare and planning for continued success.