

Kimberly Lynette Lewis is a transformation coach. Her story begins with a decision to lose weight in Aug 2018. She was over 200 pounds and prediabetic. After her doctor appointment in Aug 2018, she saw that her Body Mass Index was very high. Also, some of her family members were taking medicine for diabetes and she didn't want to take medicine. She made a decision to do something different. She changed her eating habits and has lost 60 pounds, in 8 months. Now she is working with people to do the same. Transformation starts with a decision. Once you make up your mind, next you need to take action.

Kimberly started Healthy Living Transformation because people saw a change in her and wanted information on how they could transform their lives. She begins helping people find joy through healthy eating. People saw results immediately. She is a living testimony of how eating clean can transform your life. She now owns a coaching business and provides strategies to redefine your mind so that you can create the space necessary for important positive shifts in your life. It is time to transform, please join us and find your joy!



Kim August 2018



Kim June 2019