

21st World Obesity Conference

Oct 25-26, 2018 Budapest, Hungary

Challenging physical impossibility: Finding your way to change using your body and spirit

Background: Obesity prevalence is rapidly increasing worldwide requiring a collaborative, innovative, new energy, new ideas, and a new passion. Every person worldwide should be given equal opportunity to be healthy and well and learn the dimensions of their own physical power of resiliency in building stamina, strength, dynamism, and enthusiasm to a new sense of self. The obesity epidemic is a fierce battle indeed requiring us all to dig deep and never before has there been a more pivotal time to not take our bodies for granted. Drastic times called for drastic measures, we must aim beyond what we are far capable of, develop a complete disregard for where our abilities end and do things we are incapable of. I provide a unique insight and details not seen or spoken about in such a mission. My secret weapon to this burden is operating as a “Mental Physical Coach Motivator” strategically maneuvering people to have a higher awareness of bodily sensations, confidence and new found reality. The conference theme: An initiative towards fat to fit is not just about pushing the body to new limits. It is awareness of the spiritual resources hidden deep within people testing both physical and psychological boundaries that remain largely untapped. The real epidemic is not just obesity, it is the need to educate on physical literacy, motivation, and adherence to exercise along with the personal reinvention of people and to challenge people's thoughts. So, few people ever champion themselves and win with the best version of themselves. If we are physically fit then we become more inspired. Physical activity is a critical component of weight management and maintaining weight loss by any treatment is the fight against obesity.

Biography

Renaë Cobley is a professional Life/Success Coach, Motivator and Speaker, empowering people to reach their goals, become successful and think beyond what most have dreamed possible. Including the medical profession, sales, management and athletics/life coaching arena, she has broad life experience, excellent listening skills and flexibility to shift to the demands of her work. She is working with people whom she believes have a considerable success factor, bringing hope to uncertain situations, encouragement to those discouraged and a real gift to those bewildered in achieving their dream. She is running a practice based in the Hunter Valley, NSW in Australia. She however, is working and helping people all around the world through seminars and video link up.

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