

EVER HEARD

THIS FROM YOUR PEOPLE?

"I have tried everything to be healthy. Diets, exercise programs, pills, powders and shakes. But it always seems like time, work, family and life just get in my way. This makes me feel so discouraged and stuck. I don't know if there is any hope for me."



THEY ARE NOT ALONE

EVEN I STRUGGLE AT TIMES

Through my own journey to health, I created the 5 F's to freedom framework that I have used successfully for myself and my clients with powerful results. And I can help your people experience them too!

Let's help

THE PEOPLE
YOU SERVE

In her engaging talks, Esther offers an action plan that not only leaves you prepared with practical solutions but actually excited to start!

Through her business, Real Well U, she also offers online courses, virtual and in person coaching, corporate wellness and exclusive VIP programs

SPEAKING TOPICS

*Empowering and Encouraging to be the Happiest,
Healthiest YOU*



- Find the Easy Button for Your Body
- Less Me and More Free- Making Peace with and Caring for the Body God Gave You
- The 3 Keys to Making Food & Fitness More Fun
- The Secret to Making Healthy Come Natural to You

18 +

YEARS EXPERIENCE

Food, fitness and faith expert

100'S

OF CLIENTS SERVED

Inspiring healthy changes around
the world

DOZENS

OF STAGES

From local to across the globe

How can I serve you?

LET'S
CONNECT

Esther White MS, RDN, CPT

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WHAT PEOPLE

are saying

~ Steph says:

Esther connects with your heart, mind and motivation so you want to make the changes she suggests. It isn't one of those talks where you nod your head in agreement but never do a thing. Instead, you already have your first 3 steps planned before you walk out the door and you are actually excited to start!

~ Laurie says:

If you need a speaker to serve your audience with honesty, solid truth, intriguing perspective and a touch of humor- you found her. Your audience will laugh, cry and get up ready to take their next steps towards HEALTH, HOPE and FREEDOM!

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ESTHER WHITE

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Healthiest YOU*

ABOUT ME



Esther White is a registered dietitian nutritionist, personal trainer and weight loss expert with ample experience helping people reach their goals and transform their health.

She empowers and encourages individuals all over the world to recognize that God made them unique and they don't have to remain stuck in unhealthy patterns physically, mentally or spiritually.

Experience her passionate message of HEALTH, HOPE and FREEDOM that each person can find to be the happiest and healthiest version of themselves while becoming more confident and comfortable in their own skin:

YOU

HERE FOR YOU

Trusted expert, courteous
professional

WE

SERVE YOUR PEOPLE

Coming together to exceed their
expectations

THEM

ENGAGE & INSPIRE

Empower and encourage your
people to be the healthiest, happiest
THEM

How can I serve you?

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