

Mr. Jeffery B. Johnson, MBA, CAS



Mr. Johnson was an Analytical /Environmental Chemist for nearly 10 years before founding the Noirventures Group LLC., an Executive Protection firm that specialized in High Risk Protection. During the 20 years of operation, Mr. Johnson and his firm had the opportunity to

work with companies such as Alcatel-Lucent, Greyhound Bus Lines, Zales Corp., and others. Mr. Johnson has also served as a peace officer for the State of Colorado and is a member of the Anti -Terrorism Accreditation Board (ATAB) and is a Certified Ant-Terrorism Specialist. Throughout this time, Mr. Johnson has always had an interest in health and wellness as fitness for duty was non-negotiable.

It was after the loss of a close relative that Jeff decided to take a look at the existing health and wellness programs which were available. To be successful at changing one's lifestyle permanently, Mr. Johnson found that a team would be the formula for success and A Better Way Lifestyle Management Program was born.

Dr. Anita M. Pembleton, PhD, LMHC, CFLE, LPCB

Dr. Anita Pembleton is a Psychologist, Licensed Professional Counselor, Licensed Mental Health Counselor, and Certified Family Life Educator. She currently holds the position of Director of AP Family Life Educational Counseling and Consulting.



AP Family Life Educational Consulting is a mental health organization which helps individuals deal with life issues. The organization offers services, which includes counseling and educational training for individuals and families. Due to her many licensures, Dr. Pembleton is certified in a number of specialty areas. These areas include: Attachment Disorder, Attention Deficit Hyperactivity Disorder, Play Therapy, Anger Management, Anxiety Disorder, Marriage and Family, Stress Management, Resiliency Treatment, and Reunion Reintegration after Deployment.

Dr. Pembleton holds a Bachelor's degree in Business and Psychology from University of Maryland, a Master's degree in Counseling and Psychology from Troy University and a PhD in Behavioral Health from the International University of Graduate Studies

Laurie Larson, Certified Master Trainer and Nutritionist



As a former professional dancer, Laurie has over 30 years of experience teaching dance and fitness and continues to "walk the walk" as a physique competitor, bringing home yet another overall title this past summer at the age of 49! She has an Exercise and Sports Science degree in Wellness Program Management and her years of working as the wellness director at Hewlett Packard and personal training and lifestyle coaching, have allowed her to help thousands to reach their unique fitness goals. A mother of three, who has also fought weight issues and undergone accident rehab herself, Laurie has a true understanding of a client's complex circumstances. As a full-time, advanced health and fitness weight-loss specialist, lifestyle coach and competitor, Laurie loves to find ways to share her passion helping people to get healthy!



"A Better Way"

LIFESTYLE MANAGEMENT PROGRAM

- Custom -Designed Weight-Loss and Stress Management Program
- Covered by MOST insurance Programs
- Personal Success Team for each client
- Requires NO program foods or drinks

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How We Are Different

A Better Way is a lifestyle that is designed to suit each client. The dieter's food intake will be adjusted to balance with the client's lifestyle. If the dieter is a person who does not frequent the gym each day, the intake will be adjusted to a level that would allow the client to either maintain or lose weight based on their lifestyle.

Another important component of the diet is the psychological counseling/coaching. This component will greatly enhance the dieter's efforts to change the habits that resulted in the need for the lifestyle adjustment in the first place.

Together, these two components will result in a more motivated and enlightened individual who will be better able to maintain their new healthier lifestyle which will increase the likelihood for a permanent and successful change.

What is unique to the A Better Way Lifestyle Change Program is the presence of each of these components in ONE, AFFORDABLE program, which can be funded by both individual and MOST insurance options.

Why Diets Fail

How many times have you attempted to lose weight only to result in failure? There are so many diets on the market which promise significant weight loss. These diets require that you depart from your normal way of eating in order to obtain the desired weight loss.

The problem with this approach is that the diet is not meant to be a permanent way to eat and to live. The diet regimen is temporary, resulting in weight loss that is also temporary. As the previous eating habits return, so does the weight.

A Better Way is not a diet. Our program is a lifestyle that will result in a higher quality of life. It allows you to be able to eat normal food while losing the weight that you desire.

A Better Way Lifestyle Management Program is a new way of living which is essential goal weight. The lifestyle change will allow you to have a well-rounded diet, one that includes normal food.

Eat Normal Food

A Better Way does not remove entire food groups, but allows you to manage them in a manner that your body will work in concert to lose weight and to keep it off. A Better Way is a lifestyle choice that works with you and your body. Our program does not require that you deprive yourself of the needed nutrients or go hungry. You will have the normal foods that you would like to eat.

Working with experienced fitness and nutrition experts who can help you to understand how the right nutritional intake. This will include the right types of protein, fat, and carbohydrates in the right amounts for your body type and a sensible exercise program (that doesn't hurt!) along with quality sleep and proper hydration can do amazing things to help you to achieve and maintain your weight-loss goals.

Meet Our Team

The Logical Living Team includes Doctors of Medicine and Clinical Psychology, Licensed Nurses, and Certified Personal Trainers who are involved in the success of the program participants.