



Lifetime
Wellness Center
770-712-9475

Maintain a Healthy Lifestyle
Lose Weight - Increase Energy

26 Perry Street
Newnan, GA 30263

40 Carriage Oak Drive
Tyrone, GA 30290
By Appointment Only



How We Began

Lifetime Wellness Center opened in 2015 with Therapeutic Toning Tables and Ideal Protein.

My name is Michèle Feckoury. I'm a certified Ideal Protein Coach and owner of Lifetime Wellness Center of Newnan. We offer an excellent way for people to lose weight without the time and expense of going to a gym.

The Ideal Protein plan helped me lose 20 stubborn pounds in just six weeks, and I've kept it off. My success convinced me that I could help others lose weight too, and that's why I opened Lifetime Wellness Center that incorporates the Ideal Protein plan and Therapeutic Toning Tables.

Maintaining good health requires 20% exercise and 80% nutrition. Many people who have trouble losing excess weight and keeping it off, have these numbers reversed. The Ideal Protein plan and our therapeutic Toning Tables are the best way for you to achieve your fitness goals, and maintain them for years to come. Call us today!

Michèle Feckoury Head Coach



Michèle is from Southern France near Carcassonne. In her early 30s, she came to America and within a short time, experienced the aftermath of the “American diet”.

“There were no fast food restaurants in France and I rarely drank soda. I grew up eating bread that was baked with freshly milled flour and seasonal vegetables grown in our garden. Once I moved to America, I fell in love with the convenience of fast food and ready meals but was quickly faced with high cholesterol, high blood sugar and too many extra pounds! Then I developed allergies, trouble sleeping and chronic fatigue”

After the birth of her son Raymond, Michèle dedicated herself to returning to the healthy lifestyle of Southern France, but she admits to trying just about every diet available in the meantime.

“I tried them all! Lost weight with each diet, but it was impossible to keep it off! Michèle injured her back and cervical spine from a horseback riding accident; experiencing pain and inflammation, she could not exercise anymore and gained more weight! She tried one more “diet” that was developed by a French doctor from Paris, Dr. Tran. That was the end of her battle.

“I lost all my weight and don’t worry about it anymore! Ideal Protein gave me the solution and I finally can maintain my ideal weight! I Love Ideal Protein and this is why I decided to become a Health Coach.”





Our Coaches and Support System

We started Lifetime Wellness Center because we believe the commitment to a healthy lifestyle is easier if you have the skill and encouragement of a personal coach by your side. It's not only about weight loss, because we know we can help you achieve those goals. It's about having the right support system in place to make the healthy changes for a lifetime. Reaching your wellness goals will require eighty percent from the selection of the right food and nutrients specific for you. The remaining twenty percent will come from maintaining body tone, most importantly from having a strong back and other core muscles. Let us customize a program just for you!

Dr. Nick Vlachos, MD board Certified in Preventative Medicine - "I'm a physician and former owner of a Gold's Gym. Women would join our gym to lose weight, but invariably they would gain weight the more they exercised. Worse yet, when they stopped exercising, this "new" weight would convert to fat. The ideal Protein plan has been around for decades and has research to support the results. The four phases of weight loss begins with an unbalanced diet," that you follow **WITHOUT AEROBIC OR HEAVY BODY BUILDING EXERCISE**, that progresses to the final "balanced diet." You are to eat the food and drinks you like, and resume your exercise routine, but with a keen knowledge of how the foods you eat affect you. In short, you are able to make healthy choices that maintains you at the weight you wish to be. In my opinion, it's by far the best weight loss plan out there, and explains why a large number of physicians through out the world choose it for their patients."

Stacie Seelbinder Coach



Stacie lives in Newnan, GA and is the mother of two amazing children. She has never had the challenge of needing to lose weight, but she has always been conscious of providing her family with healthy food choices. Before Lifetime Wellness Center, Stacie and Michèle ran a very successful bakery that featured freshly milled organic flour, no white sugar and no preservatives. Customers loved the healthy food, and Lifetime Wellness Center was an extension of this philosophy. Stacie is a certified Ideal Protein coach and specializes in training people on our Therapeutic Toning Tables. Her goal is to educate, support, and empower the people she works with so they can live happy and healthy lives.



Monika Hegedus Coach

Monika was born and raised in Budapest, Hungary and moved to Atlanta in 1996. She is a mother of two wonderful children. Growing up, Monika was teased and called

names because of her chubby appearance.

After being faced with the bad choices that the food industry offers in America Monika decided to make the effort to stick to eating better. Today she is an avid follower of the Lifestyle that Ideal Protein teaches us. Monika is a certified Ideal Protein coach and is in charge of our Tyrone office.



Before & After

Janice Robinson

When I found Ideal Protein, I was stuck at my weight and it wouldn't budge. Michele and her team helped me out with my food and my journey! The food was easy to prepare and it helped me lose down to my goal weight in three months!

Tim Parkerson

I started Ideal Protein with Lifetime Wellness Center to lose a few pounds to just feel better and be healthy. I had no idea the results would be so great, along with the professional coaching and Ideal Protein food, the results and goals are easily attainable. I highly recommend Lifetime Wellness Center and the professional staff to help you with all your weight loss needs and a healthier lifestyle.



Before & After



Before & After

Ellie White-Stevens

I was 39 years old last year when my doctor said I was suffering from high blood pressure, high in-inflammation, bad cholesterol. I decided to go on to the Ideal Protein diet with my doctor's approval. A year later, the results are nothing less than remarkable : I lost 130 pounds, 74 inches, going from size 24 to a 12. It's astonishing how much better I feel! Thank you Lifetime Wellness Center!



Before & After

Jackie Terrail

I was 25 pounds over weight and battling good eating habits. In 8 weeks following Ideal Protein protocol, I lost 3lbs/week. That was one year ago and with maintenance and using the Toning Tables twice a week, I have kept it off. Thank you Michèle!

Keith Brazie

My experience with Lifetime Wellness Center was great. I was not ever hungry and enjoyed the food choices. Michèle and her team truly want to help people and that makes a huge difference to every-one that comes to LWC. I am continually amazed at the work they do and all of the people they help feel better while getting healthy.



Before & After



Before & After

Michèle Feckoury

Head Coach

"I lost all my weight and don't worry about it anymore! Ideal Protein gave me the solution and I finally can maintain my ideal weight! I Love Ideal Protein and this is why I decided to become a Health Coach."



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Our Therapeutic Toning Tables

Each treatment consists of exercising for 10 minutes on 5 separate Therapeutic Toning machines. In complete privacy and comfort, you will trim inches off your waistline, firm a flabby tummy, inner thighs and under arms while eliminating cellulite in your buttocks and thighs.



Leg Machine



Arms & Chest Machine



Vibrator Machine



Sandbag Machine



Waist - Tummy - Hips Machine



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