



"Where self-love is your superpower to achieve your weight and life goals and make your mark on the world!"

IME Community is the first inclusive, web-based community for teens of its kind, intended to promote belonging, encouragement, and total mind and body health. Having spent nearly two decades combating the childhood obesity epidemic and after succeeding on her own weight loss journey, pediatrician and life coach Karla Lester M.D. uses scientific expertise, compassionate connection, and personal experience to empower teens as individuals while offering social support from peers through a comprehensive online platform.

Are you a doctor or healthcare provider who wants to help teens struggling with their weight and body image? Encourage your teen patients to Join IME Community. Let's meet in the middle and work together to help teens revolutionize their health and follow their dreams. Sign up for the IME Community e-mail list to stay up to date and if you are a doctor who want to level up, then join the ActivistMD Network by emailing Dr.Karla, ActivistMD.

IME Community Membership

- Attend Dr. Karla live coaching calls and Q&A sessions with ongoing access if you can't make it live.
- Check out the weekly challenges and post your success on the IME discussion board.
- Get in the weekly drawings for giveaways, including IME merch and Dr. Karla private life coaching sessions.
- Be a part of a messaging board where you can post your wins and get help from other teens with your challenges!
- Get IME Community Bonus Content Courses: CoachU and Crush Your Sugar Cravings.
- Plus, IME is a guaranteed ad-free community where you have your own member login, so you can access IME Community wherever and whenever you want.



Want to Level Up?

Stay tuned for Health Yourself Life and Weight Coaching – Coming June 2021