

Weight Loss for a Lifetime

Weight Management Program

This will be the last weight-loss program you'll ever need! **RESULTS ARE GUARANTEED.**

We'll help...

- You realize that food doesn't have to be your enemy!
- Focus on you and create solutions specific to your special needs.
- Set goals that are realistic and have value to you.
- Design an activity program that fits your abilities and encourages maximum fat burning.

Our Program:

Is clinically based and proven to work.

Identifies obstacles that have prevented you from being successful in the past.

Provides sensible eating habits that guarantee results.

Empowers you to create a dynamic and energetic lifestyle that will support your weight-loss goals to last long-term.

Weight Management Program Features

- **A clinically-based assessment and re-assessment to measure your success.**
- **1 session with a registered dietitian and life-coach.**
- **Inclusion (10 sessions) into our "Weight Loss for a Lifetime" weekly support group.**
- **Personalized food and exercise log.**
- **Membership into the Good Bodies cardio program which gives you the ability to exercise in a safe and supportive environment.**
- **Heart Rate Monitor that will safely manage your exercise intensity for maximum fat-burning.**
- **Weekly "check-ups" by one of our supportive and helpful staff.**

