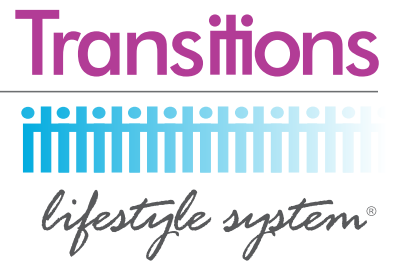


Ask yourself these questions:



- Are you a yo-yo dieter?
- Have you tried extreme diets and lost weight, but always gained it back?
- Have you seen the numbers on the scale change, but not your pant size?
- Do you have a sluggish metabolism?
- Have you struggled with weight loss all your life?
- Have you watched your weight increase over the years?
- Have you dieted without seeing results?

If you answered **YES** to any of these questions, then we have the program for you! This one **WILL WORK!**

What is included in the cost?



Transitions™ Daily Journal:

- Use the Daily Journal as a support tool to ensure success.
- We will teach you how to eat correctly using low-glycemic index foods. This is not a diet – learn how and what to eat.
- We will offer tips to help manage and reduce your stress.



DVD Education with Personal Support:

- Your coach will offer one-on-one as well as small-group support.

Supplementation:

- We will teach you how to support your efforts with nutritional supplementation.

Learn to Burn:

- We will teach you about exercises to improve body composition and naturally increase metabolism.



Meetings will be: