



WEIGHT MANAGEMENT & LIFESTYLE TRAINING

Featuring the

Transitions™ Lifestyle System

Learn about...

- Habits and how they are created
- What foods help you lose weight and what foods do not
- Why diets have failed you in the past, and why it is truly not your fault
- Why you can not seem to lose weight
- Why you are still hungry after you eat
- Why you weigh the same now but feel “fatter”
- How you can – and why you should- eat satisfying amounts of food and lose weight with low-glycemic foods
- How learning about a lifestyle is so much more effective than going “on a diet”
- How nutrition is a vital part to weight management and good health
- How a little bit of exercise can go a long way and fit into anyone’s life
- How to manage stress
- How more muscle can create a higher metabolism
- and so much more about healthy eating and healthy living

Upcoming Overviews

Location