

Transitions™



lifestyle system

Lose the weight... and keep it off.

**Transitions™ isn't a diet. It's a lifestyle system designed to help you lose weight — and keep it off for life. From Day 1, you'll have all the resources you need to start eating healthy, exercising and managing stress, and you'll have all the support materials you need to stay focused on the ultimate goal:
a new, healthy YOU!**

Transitions™ teaches you how to:

- Eat healthy, low-glycemic-index foods
- Incorporate exercising into your life
- Manage and reduce stress
- Support your efforts with nutritional supplementation

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

It's all about results.

"The amazing thing is that my body composition has changed. These products do much more than help you lose weight. They change people's lives!"

Melissa Girtman
St. Peters, MD

Lost 65 pounds and went from a size 18 to a size 10 in only four months.



"I tried every diet known and failed at them all. These products have given me unbelievable results, I've lost weight and created muscle!"

Lawuan Davis
Ft. Washington, MD

Lost 10 pounds and three inches in just six weeks.



"People now ask - is that really you? It makes me feel good and it's a real inspiration to keep on the system."

Marda Arkebauer
Milwaukee, WI

Lost 50 pounds and 22.5 inches in only four months.



"The lifestyle change has been a part of keeping the weight off. I lost another inch off my waist and have continued to stay at my target weight!"

Chuck Houser
Spring Mills, PA

Lost 50 pounds in just four months.



The Transitions Lifestyle System includes:

- A proven, low-glycemic-index philosophy to eating
- Daily Journal filled with low-glycemic-index meal plans, daily affirmations, a food diary, stress-reduction techniques, exercises and more to help assist you in your efforts
- Educational and informative support DVDs
- Healthy On-the-Go snacks, including nutrition bars and shakes, to help keep you on track when you're short on time
- Nutritious, low-glycemic-index entrées that are quick-serve and delicious
- Nutritional supplements to assist your efforts and accelerate your weight-loss results