

THE BIGGEST LOSER CHALLENGE



*Do you need the extra motivation to kick-start your weight loss?
Here is your chance! Limited spots available!*

Personalized Nutritional and Lifestyle Consulting

You will receive:

- Personal Wellness Evaluation
This includes nutritional analysis, and lifestyle assessment. I evaluate **your** nutritional imbalances, and toxicities that may be affecting your health and weight. I also analyze how your lifestyle may be holding you back from reaching your goals, and create a nutritional and lifestyle plan to help you see the changes you desire. Every plan is unique – **no “one diet plan fits all” here!**
- Healthy recipes
- Customized meal plans and meal planning ideas
- Weekly weight loss tips, ideas, and handouts
- Fitness class at *Prime Fitness Studio**!
- Goal planning, and motivation
- Prizes for the winner!

Runs from June 28th to August 22nd
Cost: \$150 (includes everything)

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*See <http://www.primefitstudio.com> for details on their classes

Online group – my clients find this is an easy way to fit a weight loss challenge into their already busy schedules!