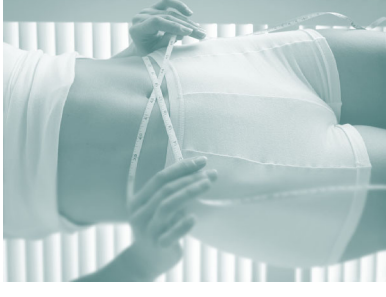


## Program Includes:

- ◆ Monthly fee \$60.00
- ◆ One on One **Nutrition specialist**
- ◆ **Counselor** appointment weekly  
(With same counselor.)
- ◆ Food log assessments including nutritional breakdowns
- ◆ How to increase your **Metabolism** with proper food choices.
- ◆ Receive **Chat Room Support** to help motivate you and achieve your weight loss goal
- ◆ Feel comfortable with our friendly and knowledgeable staff.
- ◆ Exercise facility included
- ◆ M.D. approved. Monthly group sessions with an M.D. to answer diet and exercise questions.
- ◆ 52 week participation required

# Tighten Your Belt Program

Nutritional Training



## The Cardio Factory

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