

Has your New Year's resolution faded already?



Instead of a temporary resolution,  
try a **PERMANENT SOLUTION!**



## 12-WEEK WEIGHT LOSS AND LIFESTYLE NUTRITION PROGRAM | START ANYTIME!

### INCLUDES

- One initial 60-minute and weekly 15-minute sessions with Registered Dietitian, **Kristin Burgess**
- Resources for shopping, cooking, serving sizes and other tips to ensure success
- MYZONE heart rate monitor and fitness tracker
- Guidance in goal setting, accountability, personalized meal plans and exercise
- Pre and post body composition testing with InBody and a detailed analysis with Kristin

**MEMBER PRICE:** \$450



### **NUTRITION**

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**GREENWOOD ATHLETIC  
AND TENNIS CLUB**

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