

GET RESULTS!

6-WEEK WEIGHT LOSS & LIFESTYLE NUTRITION PROGRAM



WHAT?

Two 60-minute and four 30-minute sessions with Registered Dietitian, **Kristin Burgess**

Resources for shopping, cooking, serving sizes and other tips to ensure success

Guidance in goal setting, accountability, personalized meal plans and exercise

Includes pre and post body composition testing with InBody and a detailed analysis with Kristin.

WHY?

Eating clean and unprocessed foods will help you lose weight, clear brain fog, increase your energy and get a better night's sleep.

MEMBER PRICE: \$350



NUTRITION

Kristin Burgess, RD

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