

# Slimming Clubs

**DIETS  
DON'T  
WORK  
(YOU KNEW THAT!)**



- Join one of our supportive 8-week group sessions to assist you with achieving your weight management goals.
- Achieve a better lean muscle/fat balance and feel great. One hour a week is all it takes!
- Discover *the* program that works - individualized to meet your specific needs, rather than “one-size-fits-all”.
- Learn the fundamentals of exercise and the 80:20 approach to proper nutrition...without starving yourself or buying pre-packaged foods.
- Understand the importance of adequate body hydration.
- Learn how your body’s digestive, glandular (blood/sugar) and nervous system imbalances can contribute to weight issues.
- Learn about which supplements, vitamins and minerals are important for weight control and overall well-being.

Brought to you by



To learn more call 416.948.9355

or speak to your human resources department about the possibility of bringing "Slimming Clubs - Lunch & Learn Sessions" to your office or workplace!