

THE REAL SKINNY: Change your approach. *Change your life!*

Tired of chasing the scale?

Frustrated with failure?

*Feel like you try so hard... and never get
anywhere with your weight?*







Successful weight management eludes most people — in fact 98% of people who try to lose weight fail. As a nation, we spend \$10 billion a year on weight loss products and services. Even so, the weight epidemic in the United States is on the rise with 2 out of 3 Americans overweight or obese.

This presentation will **illuminate the reasons why** so many struggle to achieve successful weight management, chasing the scale and not getting anywhere. Come learn how to own the power, uncover the truth and move past the barriers. This presentation *IS “The Real Skinny” on what works...*and the truth will not only surprise you but will start you on your path for lasting change.

~ Get REAL – Get Success! ~

PARTICIPANTS WILL LEARN:

-  Understand how you got so far off track in your weight management efforts
-  Understand why diets and food focused plans are detrimental to your efforts
-  Learn the CORE approach to successful long term weight management
-  Apply the principles of “The Real Skinny” in an eating experience

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Call Today!

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