



# Nutrition 4 Weight Loss

## 12-WEEK PROGRAM

### Success Starts with Nutrition

After decades of success, we know that weight loss and nutrition go hand in hand. You just can't exercise your way out of a bad diet!

*96% of Nutrition 4 Weight Loss participants improve their health over the course of the program! \**

### What Makes Nutrition 4 Weight Loss Different?

We believe in real food, the kind your grandparents ate, with ingredients you can pronounce or better yet, no ingredient list at all. We don't believe in counting calories, points, packaged foods or starvation diets.

This is why Nutrition 4 Weight Loss works; it's a practical, back-to-basics approach to eating that is simple and easy to follow.

Our licensed nutritionists and dietitians teach employees how eating real food can reduce cravings and rev metabolism, and how to create healthy habits for lasting good health.

### Results include:

- Weight loss
- Lower blood sugars
- More energy
- Better moods & focus
- Fewer aches & pains
- Lower cholesterol
- Better sleep

\* Based on over 1,800 health surveys rating 15 areas of health before and after the program. Data available upon request.

### Bring Nutrition 4 Weight Loss to Your Organization

Nutrition 4 Weight Loss is usually offered over lunch for 10-25 employees. Participants receive a food plan, class manual, food journal, and recipe book. Classes are available on-site or online, or combine the two to include employees at other locations.

Some employers pay for the class or subsidize it; at other locations the program is employee paid. Discounted group rates apply for 10 or more people.

### What our clients are saying...

"Participants found this course informational and the presenters to be very **knowledgeable and engaging**. The plan highlights good fats and minimizing sugar to increase metabolism, which is a **realistic and "doable" formula** to healthfully eating for a lifetime."

— Christina Mueller | TEL

"My experience with Nutritional Weight & Wellness has been so positive. I have **learned to eat correctly and enjoy it**. I have lost 20 pounds and have kept it off for 8 months. My cholesterol is down over 50 points."

—Cheryl | UCare employee

To learn more, contact Nancy at 651-484-8952 or [nancy@weightandwellness.com](mailto:nancy@weightandwellness.com).



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