

Weight Loss, Wellness & Nutrition

Presented by Vikki Jones, MS-CWC-CPT

*Food is Medicine, Food is Your Friend, Food is Your Fuel...
Fall in Love with Food Again.*

Imagine the day when the pounds start coming off-- the day when you start feeling fabulous because you've been eating well-- the day when your metabolism feels completely revved up and you are bursting with energy. This is the day when you no longer have to count calories or worry about how much fat is in the food you eat. This is the day that your yearly physical is a reason for celebration. Your triglyceride and cholesterol levels have finally come down, and you haven't done anything but eat food every day.

TODAY IS THAT DAY!

You have the opportunity to embark upon a lifelong journey so jam packed with micronutrients, so healthy on every level, that it can do nothing but enhance your life. It is all about having a healthy relationship with food—not restricting intake.

Join Vikki for a seminar and learn about the Fast Metabolism Diet and how it can help you.

The following topics will be discussed:

1. An Introduction to the Fast Metabolism Diet
2. Understanding the science of the diet and how it repairs and invigorates your body's machinery.
3. A discussion of current diets.
4. An exploration of what foods are included in the diet.

Thursday, January 17, 2019 at 1pm

Prescott Lakes Club House

Sign up in the Athletic Center or call 443-3505

There is no charge and guests are welcome