

Tired of being a "weight watcher"?
Now you can be a weight mover (and shaker) & get healthy too!

WEIGHT NO MORE
Weekly Nutrition Check-in Program
at Taylor'd Bodies

- weekly 15 min. meeting with Holistic Nutritionist/Personal Trainer to review goals & eating plan, complete a quick body assessment – optional (weight/measurements), set new goals & discuss successes, obstacles, rewards... all for accountability & increased motivation
- mid-week email check-in
- initial Lifestyle, Food Journal/Nutrition & Body Assessment required prior to starting program
- **INVESTMENT IN YOURSELF: \$12 per week** +HST – 6 week min. commitment