

ETC TWO MONTH TUNE UP ONE-ON-ONE PERSONALIZED PROGRAM SERIES INVEST IN YOUR HEALTH



Your food matters; it's your medicine, your lifeline, the secret to living the rest of your life in a beautiful, energized, healthful way.

10 REASONS WHY LOSING WEIGHT IS SO DIFFICULT

1. Too many empty calories depleting all of our nutrients-needed for healthy metabolism.
2. Chronic dieting. Not enough focus on health.
3. Too many chemicals/toxins—body produces fat to protect its organs.
4. Stress—lack of self-care and internal peace and balance
5. Deficiencies in essential fatty acids
6. Digestive health and gut flora—you are what your body can assimilate.
7. Inflammation.
8. Inactivity—permanent weight loss will not happen without exercise—ETC has a great workout facility and Jeannie to help you.
9. Insulin resistance and other hormonal imbalances.
10. Food sensitivities.

DATES: Starts week of January 8th through week of February 26th (8 sessions)

PROGRAM COST: \$150 for ETC Members, \$200 for non-members—total for 8 weeks

WHAT IS INCLUDED?

- ✓ **SMART goal Setting, coaching, motivation, accountability**
- ✓ **Education about health—minimize media confusion**
- ✓ **Meal plan/recipe ideas, preparation tips, shopping lists, action-based strategies**
- ✓ **Community support (if you choose) and friendships-which is proven to help to change habits**
- ✓ **No cost software for food and fitness tracking that I can monitor**
- ✓ **No extreme diets or exclusions or quick fixes and NOT supplement focused**
- ✓ **Weekly 30-minute to 1 hour one-on-one personalized sessions in person or by phone**
- ✓ **If you have 23 and Me Data—Review of your nutrigenomics profile with personalized recommendations based on your genetics**
- ✓ **More energy, weight loss, improved moods, reduced inflammation, radiant skin**

Call 208-761-7457 or register online at www.bowienutrition.com