

Presents Transitions - *A New Lifestyle... A New YOU!*



Transitions is a comprehensive lifestyle system designed to help you achieve your weight loss goals and be healthy!

Not a
diet...

Transitions is an extensive plan that covers everything you'll need to get fit and trim, not just a set of foods you can or cannot eat. In fact, a big part of the Transitions Lifestyle System is helping you make healthy choices while still eating a normal, diverse diet!

...it's a
Total
Lifestyle!

Our plan doesn't focus just on food like many other systems. The Transitions Lifestyle System™ provides a total-system approach that promotes healthy food choices, behavior modification and menu plans.

The Transitions Lifestyle System includes: low-glycemic index (GI) meal plans, a daily journal to guide you, weight-management supplements to accelerate weight loss, entrees, bars and shakes to keep you on track, ONE to ONE coaching, behavior modification and support materials to ensure your success and an interactive web site to track your progress and more!

Classes meet once a week for six weeks. Each session is 2 hours and includes an hour of lecture and an hour workout. Cost is only \$400 for members; additional \$79 charge for non-members. ***This includes all supplements!***

Class Begins Thursday, May 14th @ World Gym Hwy. 54

12:00-2:00 (Meets in Group Fit Room)

Call Beth Redmond @ 770-328-6976 or email beth@nshapetraining.com

Register Today; Don't Delay! Space is Limited.

Beth Redmond is the owner of nShape Training in Tyrone, GA. She is a Transitions Lifestyle Coach, AFAA certified personal trainer, AFAA certified fitness instructor, YogaFit certified yoga instructor, Silver Sneakers instructor, Heart Zones cycling instructor, Group Centergy instructor and is Kids N Motion certified. Beth's main desire is to help people achieve their goals and make the changes become a new lifestyle!

