



Do you struggle with weight gain?
Wish you had more energy?
Have a sluggish metabolism?
Work out but don't see or feel visible results?

Our 6 week Transitions Lifestyle System*
is one of education, accountability and fun!

This program was originally created by
a physician for those with Diabetes.

However, we can all benefit greatly by learning
how to eat correctly by using the glycemic index.

It targets body fat, not just weight.

No points- no calorie counts,
JUST RESULTS!

Attend one of our classes and learn how to change your life!

It is often NOT

How MUCH, or How OFTEN you are working out...

But HOW MUCH, HOW OFTEN and WHAT are you EATING?

DO YOU KNOW THE FACTS?

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.

CLASSES FORMING NOW!!!

Contact Beth Redmond or Holly Brown for information.



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