



Living
In
Balance



Are you tired of regretful eating?
Do you sometimes feel defeated by negative self-talk and stress around food choices?
Are you avoiding social situations & family activities including skiing and swimming?

2010 is a new year, a new beginning, and new hope for you!

This is a HIGH-ENERGY eating plan for LIFE!

Start the positive cycle now.

- ❖ **Lose weight**, *stop dieting*, and learn the truth about fads.
 - ❖ *Recognize the influence of salt, sugar & fat on food choices.*
 - ❖ *Re-train your thinking to make lasting changes.*
 - ❖ *Use your own hunger scale as a tool to guide your eating.*
 - ❖ Handle setbacks and frustrations.
 - ❖ Take an “offensive approach” to include your favorite food and treats – *guilt free*.
 - ❖ Manage emotional eating and *create peace with food*.
 - ❖ Exercise consistently- including longer & shorter sessions.
 - ❖ **Decrease cholesterol, blood pressure, blood sugar**
- Significant health insurance coverage could be available.***

The next session begins January 2010.

Sign up now so you can meet privately with Jane or Janna to jumpstart your plan.

For more information and prices, contact Jane Polley, MS, RD, LDN jpolley@longfellowsportsclub.com

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