

NOT A DIET
NOT A PHASE
IT'S A PERMANENT
LIFESTYLE CHANGE!



STARTS
JANUARY 2014

\$200
DISCOUNT
FOR THE FIRST
10 PEOPLE TO
REGISTER



#3 Railway View
Ladymeade Gardens
Jemmotts Lane
St. Michael
Tel: 4373312
Fax: 4309898
www.hsfbarbados.org

PERSONALIZED 13 WEEK WEIGHT LOSS PLAN

- A multi-component approach encompassing dietary, physical activity and behavioural change interventions
- Support of trained fitness instructor
- 3 personalized gym sessions weekly
- Trained, qualified nutritionist
- Motivational group sessions
- One-to-one sessions with nutritionist
- Professional healthcare support
- Accompanying interactive Weight Loss Guide a 'bible' to weight loss
- Weight maintenance follow-up support for up to 1 year including weekly SMS monthly courtesy calls

**BIGGEST
LOSER
PRIZE**

BOOK NOW
4373312
enquiries@hsfbarbados.org