



STOP DIETING!

Learn to eat healthy and watch the inches melt away...



Created by **Dr. Shari Lieberman, Ph.D, C.N.S, FACN**

Learn how to correct your metabolism and get your body into the fat-burning mode rather than fat-storage mode...

Free Overview Sessions, Individual & 13 Week Group/Individual programs
Fitness U
Strawberry Square
Harrisburg, PA

For more information or to **reserve** your seat, contact:

Brenda Hoover

ACE Certified Personal Trainer / Certified Transitions™ Lifestyle Coach

717-525-7037

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Sample of the topics covered in 13 weeks:

- ❖ Why you can't lose weight and what is holding you back
- ❖ Reading & Understanding labels
- ❖ The importance of a healthy digestive system
- ❖ What fats, carbs, protein and fiber do to the body and why you need a combination of ALL of them
- ❖ Exercise Guidance and personal training opportunities

13 week group program - \$165 per person

Individual coaching - \$265