

# Kleen UP what U EAT

Make **Significant Changes** in your Eating habits  
as you take **OWNERSHIP** of your Health and Well-Being.

**JOIN US for 6 weeks!**

This class is designed to assist you in taking **SIGNIFICANT**, yet small, diligent steps toward making Healthier choices with your Food intake. When you make Healthy Choices.. You Feel Better!!!! Balance your Hormones!!! Lead the way to achieving optimal body composition (less fat)!!!!

Each session will target **ONE** area for you to make a **NEW** change. You will have the entire week to practice your new change and **CELEBRATE** the **Healthy Choices** you are making for **YOU**.

At the end of the 6 weeks you will be sharing stories about how your body **FEELS** Differently, how much **More ENERGY** you have, and so much more.

While working with **Coach NADINE** you will gain Valuable **KNOWLEDGE**, receive tons of **INSPIRATION**, the **SUPPORT** you Deserve, as you take **OWNERSHIP** of your Health and Well-Being.

*Create Lifestyle Changes to Last a Lifetime.*

**Will you Join Us???** Sign UP at the Front Desk to **note your interest**.

The class schedule will be set soon.

## **KEY Information**

**Classes:** Held for one hour once a week. This is a 6 week commitment

**Cost:** \$35 per class (prepaid each month)

**Who:** ANYONE can attend this class so bring along a friend

**Instructor:** Class will be facilitated by **Coach Nadine** of **Creating RESULTS**.

For more information Call **Nadine** at **443-2541** or 472-0828

[www.CoachNadine.com](http://www.CoachNadine.com) Nadine@CoachNadine.com





*About the Coach...*

**Nadine is a Certified Nutrition Specialist, Teacher, Personal Trainer, Motivational Speaker, Published Author, Cancer Survivor and Natural Bodybuilder. Nadine has released 74 pounds of fat from her own physique and now Teaches You How to Turbo-Charge Your Metabolism, Burn Off Body Fat, Gain Muscle, Break Plateaus, be Accountable for your Success and Stay MOTIVATED to your goals.**

**Whether you choose the classroom environment, or private individual sessions, Nadine works with YOU and Your Body to build a program that will capture the Physique of Your Dreams. Together you will discover the foods that work *with* your metabolism... and those that choke the very life out of your efforts. As you discover more about your eating habits and patterns, you learn to make CHOICES and through those choices begin to experience more JOY in your life.**

**While working with Nadine you will gain Valuable KNOWLEDGE, tons of INSPIRATION, the SUPPORT you Deserve and EMPOWERMENT to make Lifestyle Changes to last a Lifetime.**