

Take it **OFF** Baby.... YEAH I'm talking to YOU

Is your 'diet' **Burning FAT** or making you **FATTER**?
Do you have a Turbo-Charged Metabolism that burns fat around the clock?
Are you **ACCOUNTABLE** for your progress?
Are you **Excited, Focused** and on track with your goals?
Would you like to know how to release **FAT** while **EATING** lots of Real Food?
Are you experiencing **JOY** in your current program?

JOIN US for a 24 week program designed to Take it OFF... BABY!!

* **Diet Analysis** ~ *One time event!* You provide a detailed listing (3 days) of the foods your body is currently eating, take a metabolic typing test, then sit down with Nadine in a private meeting (approx. 30 mins) to discuss your current intake of protein, carbs, fat, sugar and sodium. This report provides detailed information on what your metabolism is doing right now and gives *key* starting point information for your entire program. *This analysis must be done to begin the 24 week program*

* **Stabilizing** ~ *8 weeks.* This is the minimal amount of time it takes to Stabilize a body. During this phase you will learn how to *Turn your Body ON...* Set the foundation to **BURN FAT as Fuel...** and Learn the foods that work with/and against your body. This is a huge time for re-Education. It is a process of **CHANGE**. Once your body is really turned ON we will then begin the process to *attack the fat.*

* **Burn the FAT** ~ *For 12 glorious weeks* we will target the FAT on the body... My job is to make your fat so miserable it wants *OFF* your body. Your job is to Eat and follow your program. You can anticipate **releasing up to 24 pounds of FAT during this phase.** This is where all of the magic happens... when your body shifts the most. It is also the most challenging for YOU because we have a tendency to want it all.. Right now... know that dropping fat is a process, however one that **CAN BE ACHIEVED** permanently...

* **Maintain** ~ *the final 4 weeks* of your program teach you how to maintain this Lifestyle of eating for a Lifetime. Certain foods that work *with* your body will be reintroduced back to your program. As you re-enter the arena of food, you have an Education, Tools that Work and a Process you can do again should you chose to do so.

KEY Information

Classes: Held for one hour once a week. This is a 24 week commitment

Fees: Diet Analysis ~ \$99 *must be complete prior to starting*
Weekly Meetings ~ \$35 per week (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.**

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.