



FIT to FAB: Lose Fat the Healthy Way!

10-week program: 5 sessions (bi-weekly)
Hosted by a **Registered Nutritionist**

This is a FAT loss program, NOT a diet!

For more information contact:

Michelle Armstrong RHN

REGISTERED NUTRITIONIST

oakvillenutritionist@gmail.com

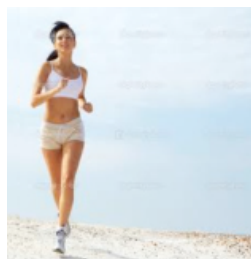
416 . 887 . 0848

REQUIREMENTS

Host (free) plus (7 - 10) friends and family. *It's that simple!*

- ✓ How to lose body fat while enjoying increased energy and strengthened immune
- ✓ Techniques to decrease and manage stress
- ✓ Simple meal and snack ideas for you and your family
- ✓ How to choose the right supplements for YOU
- ✓ How to optimize sleep, energy and digestion

...and more!



- ✓ Entry into the Fit to Fab fat loss program
- ✓ Access to a registered nutritionist for all questions
- ✓ Healthy snacks and recipe exchange
- ✓ Body composition and immune testing
- ✓ Analysis of food diary