



## **The New Mini Nutrition Boot Camp**

Discover how you can transform your body, your life and your eating habits to live healthier and happier! Lose weight, too and learn how to keep it off. The four courses in the boot camp are:

### **I - Balance Your Blood Sugar; How to Break the Carb Addiction Cycle**

- Do you suffer from fatigue especially after lunch? Do you just drink coffee for breakfast? Feel like losing weight is a struggle? Learn how eating breakfast and smaller meals thru the day can help balance your blood sugar and banish those carb cravings.

Oct 21 Wed., • 1:30- 3 PM or 6:30 to 8:00 PM

### **II - How to Create Your Balanced Meals:**

- Ok, you heard about balancing the blood sugar, now you will find out how to specifically put a balanced meal together. We will take the BIA test (\$40 value) and create your own meal plans based on your Basal Metabolic Rate (calories you burn daily doing nothing). Leave with lots of ideas and a way to manage your meals better.

Oct 28 Wed., • 1:30- 3 PM or 6:30 to 8:00 PM

### **III - Do You Really Know What You Are Eating?? Reading Food Labels**

- So you look at the front a packaged food and see 'Healthy' or "multi-grain' on the front; so you think you are making a great choice. Are you? If you look at the label, you may be surprised that your 'healthy' options are less than 2% of the ingredients! Come with a packaged good and we'll help you understand what you really have inside! (Note: BIA is included only if taking the series of 4 classes)

Nov 4 Wed., • 1:30- 3 PM or 6:30 to 8:00 PM

### **IV – Holiday Eating – how to keep it a holiday and not start 2010 heavier!**

- Ever find yourself looking before Thanksgiving and Christmas season and say 'this year I am not gaining weight!' but each year you do? Come to the class to find out how to avoid that weight gain with simple changes to incorporate thru the holiday season. Recipe Make-over suggestions will be made. Bring a recipe, even a holiday tradition, and submit it for rework! Then come to a Recipe Makeover cooking class!

Nov 11 Wed., • 1:30- 3 PM or 6:30 to 8:00 PM

Although you can register for these courses individually, to get the most of your experience, register for all four courses, at the time of registration, and pay one discounted fee. Call for discounts if applicable.

**Bring a friend and get 15% off (for both of you)**

Instructor: Joanna Chodorowska, BA, NC

President, Nutrition in Motion

215-272-6774 [www.nutrition-in-motion.net](http://www.nutrition-in-motion.net)

\$60 per course\* or \$180 for the series (save \$60). •

Bring a friend for 15% discount!!

\* BIA\*\* is an extra \$40 if taking just Class II

\*\* the BIA, BioImpedence Analysis test measures your overall health, body fat, lean body mass, water compartments, toxicity, your BMR (basal metabolic rate) and more.

Classes are held at 106 Pimlico Way in North Wales, PA, abt 2 miles east of Montgomeryville Mall.