

LIVE LEAN

Weight Management Program

Simple, Powerful, and Sustainable Lifestyle Change

LIVE LEAN helps you step-by-step establish a realistic, easy-to-follow, satisfying weight loss plan that reflects your unique needs, food and exercise preferences, abilities and lifestyle. Developed and led by Stefanie Senior, Registered Dietitian, this 12-week GROUP program provides the education, skills, accountability, motivation, and professional and peer support that you need to make positive changes to your life and reach your health and weight goals.

Learn how to:

- Manage a healthy weight
- Improve energy & metabolism
- Fight the signs of aging
- Control appetite & cravings
- Develop a healthier relationship with food

Includes:

- Twelve, 2-hour weight management classes led by Stefanie Senior, RD
- Twenty-four, 1-hour fitness classes (optional) led by Trina Lambe, Certified Fitness Trainer
- Personalized meal plan including recipes
- Grocery shopping tour & guide
- Program manual, success tracker & pedometer

Dates:

May 15th – August 2nd, 2012

Times:

Weight Management Classes: Tuesdays 7-9 p.m.

Fitness Classes: Tuesdays & Thursdays 6-7 p.m.

Location:

Simcoe Place at 200 Front St. W, concourse level
Toronto, Ontario, M5V-3K2

Cost:

\$585 (or \$440 for weight management classes only)

More information and registration:

Stefanie Senior, Registered Dietitian
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