

## Weight Management

Are you frustrated with diets and weight loss programs that promise quick results and then fail to meet your expectations? Do you start diets and lose a few pounds only to find that they come right back? Then *EnergySmart*™ is the program for you! Our program will help you set realistic goals, establish new eating habits and better food choices and provide a guide to permanent weight loss and a healthier you.

### Resting Metabolic Rate (RMR) Assessment

We start with an easy 10-minute assessment of your metabolism that tells:

- Exactly how many calories you should eat to manage your weight, improve your health and fitness or to train for athletic events
- If your body burns primarily fat or sugar

### RMR & *EnergySmart*

Our program then uses your measured RMR with *EnergySmart*, an online meal planning program that provides healthy, balanced menu plans containing the precise number of calories you need to meet your goals.

*EnergySmart* offers:

- Individualized meal plans for a wide variety of nutritional needs and eating preferences
- Tools to balance and record your nutrition and exercise
- Reports to track your progress

## Ease of Use

Even for the inexperienced computer user this program is easy to use with:

- Online access
- Help screens and audio tutorials
- A direct link to communicate with your trainer and/or dietician



### Available Services for You

Our *weight management service* features the following:

- A selection of meal plans including low fat, low carbohydrate, vegetarian, and other special needs
- Grocery Lists for easy shopping
- Recipes for healthy cooking
- Progress reports for your continued success
- Dietary analysis to ensure proper vitamin and mineral intake

## Safe and Effective

The *EnergySmart* program was developed to ensure your success. You can be confident that the program is safe and effective because:

- The program has been designed by a Registered Dietitian
- The standards used are approved by American Dietetic Association (ADA) and the United States Department of Agriculture (USDA)
- Your program is based on your individual measured calories



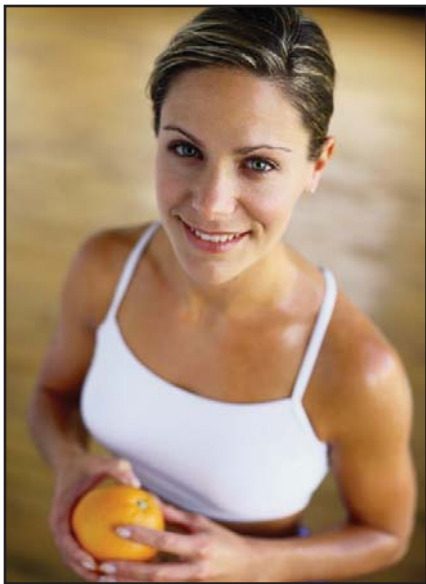
## Success!

*EnergySmart* provides a *roadmap* to success by teaching you to eat healthier and develop life long habits that will help you look and feel better. Combined with proper exercise, you can add years to your life and life to your years!

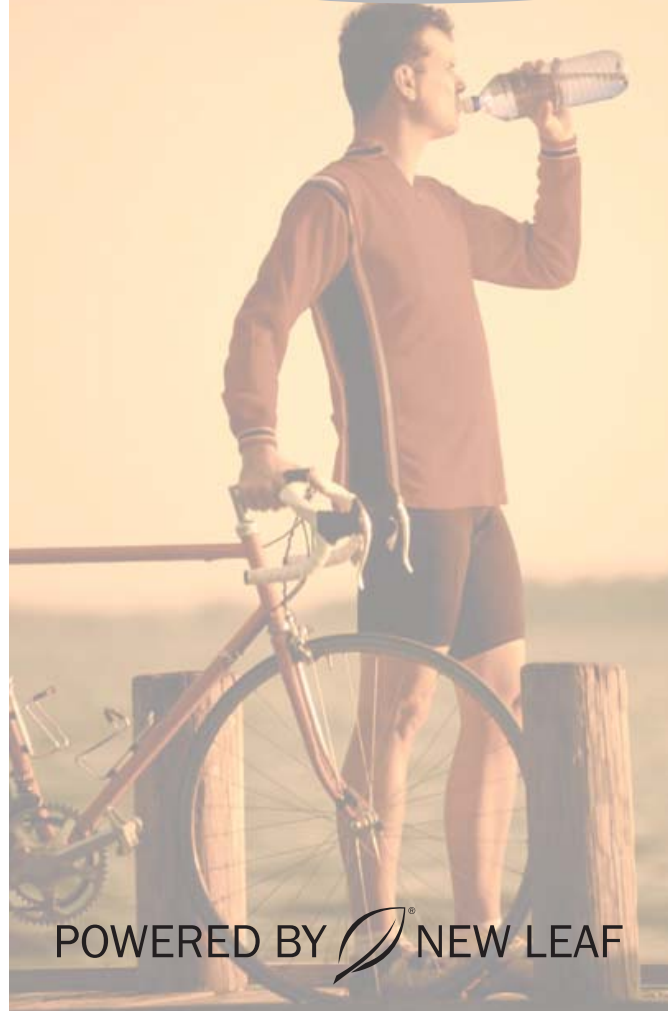
## Success Stories

Because our program is based on sound science and not fads, you can be assured of losing pounds and inches. Here's what other clients have said...

- I lost 30 pounds and feel great!  
- Evan
- My program guided me to a 35 pound loss in 12 weeks!  
- Chris
- I lost 15 pounds and 20 inches!  
- Kayte
- I cut my body fat from 28% to 12%!  
- Bob



Sign Up Now  
5264 Council St. NE  
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POWERED BY  NEW LEAF



**EnergySmart™**  
*Nutrition to meet  
your goals!*

