

Transitions™ Wellness and Weight Management Program

A Realistic Plan for REAL people who want a lifestyle change.

The **Transitions™ Lifestyle System** is an all-encompassing program that removes the emphasis on "dieting" and replaces it with a complete **lifestyle** approach that utilizes healthy eating, exercise, stress reduction and supplementation. If you are committed to improving your health and well-being, this program will enable you to achieve the healthy goals that have eluded you, whether you crave carbs, have a slow metabolism, or would like to energize your weight loss.

Resolve to become a NEW YOU this Summer!

Our customized

Program offers:

6 Weekly Meetings providing education, support and Fitness

Accountability with emphasis on mind/body

Daily Journal

Body fat analysis

Telephone interview and Nutri-physical analysis

Customized Nutraceutical Options

Tools for stress management

**Designed by
Dr. Shari Lieberman**

20 years private practice
PhD, Clinical Nutrition
Fellow, American Academy
Of Nutrition



"Losing weight and feeling good are goals for everyone.

With Transitions, this can finally become a reality! Start off right, with the Transitions™ Lifestyle System."

-Dr. Shari Lieberman

FREE INTRODUCTORY SEMINAR

Classes Now Forming

Call 603-234-9669 for More Info

Tricia Hoyt, B.S. Exercise Physiology, Certified Personal Trainer

Call: (603) 234-9669 or email: tricia@fitnessonwheelsma.com

Janice Donovan, RN, Nutraceutical and Anti-Aging Consultant

Call: 978-815-5019 or email: janla@comcast.net to reserve a seat