

to offer:

A 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.

Our customized

Program offers:

- Support group discussions and education on low glycemic index
- Daily Journal and Low GI index book
- Strength and conditioning suggestions
- Mind/Body focus with stress management tools
- Customized Nutraceutical Options
- 6 week program incorporating education and fitness to cover all aspects of healthy living

Presented By:

- Transitions principles designed by PhD, Clinical Nutritionist- Dr. Shari Lieberman
- Randy Bruneau, PT MS
- Dawn Bruneau

OUR TEAM is at the forefront of a major trend. The obesity epidemic has had a profound effect on American adults and children. Obesity levels have risen dramatically (along with diabetes, hypertension and cardiovascular disease) in both groups, driven by ignorance, poor nutrition and increasingly sedentary lifestyles. We are having a positive impact on the obesity problem - one athlete, one child, and one family at a time.

FREE INTRODUCTORY SEMINAR

Wed. July 8th 6pm

Performance Lifestyles, PT

35A Winn St.

Burlington, MA

(781) 272-5151

Please register so we can comfortably accommodate everyone.