



# JUST LOSE IT

## 12-week Weight Management Program

- ❖ Be encouraged by instructors Greta Ayers, Exercise Scientist and Glenda Blaskey, Registered Dietitian
- ❖ Eat a balanced diet using the Exchange System
- ❖ Practice accountability by recording intake in weekly food and exercise logs
- ❖ Learn how exercise can help you control your weight and how to get the most out of your efforts at the gym



### Upcoming Session Onsite:

- ❖ Spring 2012
- ❖ Location will be assigned upon registration
- ❖ Registration Fee \$100
- *100% will be refunded to those who meet their goal weight, 50% will be refunded to those who meet the attendance requirement!*

### Contact:

**Greta Ayers**  
**(281) 483-0302**

[Email](#)