

# CHOOSE YOUR PATH TO HEALTH

## Visit our office for:

- Personal One-on-One Consultations
- Small Group Meetings



## Convenient Workplace Programs:

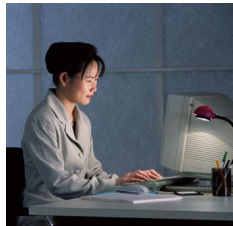
- Personal Counseling
- Group Meetings



## Visit our On-Line Weight Loss & Nutrition Centre:

- Monthly & Annual Subscriptions

[www.healthy-options.com](http://www.healthy-options.com)



**FOR MORE INFORMATION OR TO  
MAKE AN APPOINTMENT,**

**PLEASE CALL:**

**905-607-7138**

**1-877-607-4325**

**Healthy Options** specializes in corporate and personal wellness programs as well as occupational health and safety programs.

The company was founded in 1996 and has helped corporations and hundreds of individuals successfully meet their health and wellness goals.



*Personal & Corporate Wellness Programs*

2285 Dunwin Drive, Unit 9  
Mississauga, ON L5L 3S3

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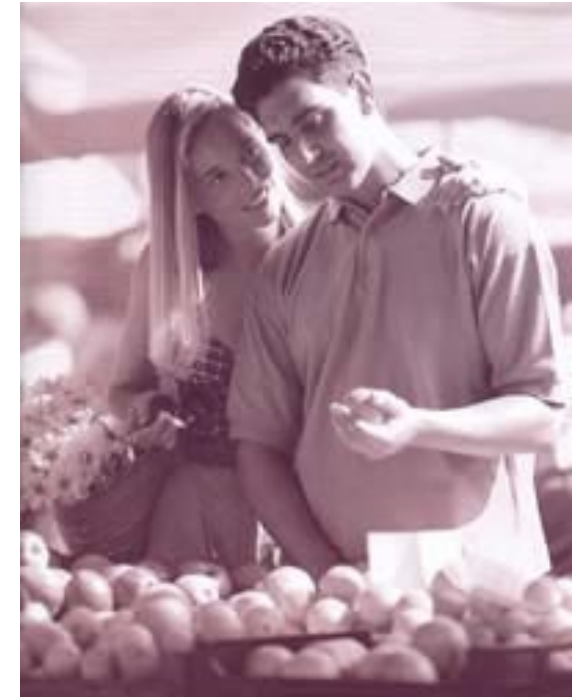
Fax: **905-607-3247**

Website: [www.healthy-options.com](http://www.healthy-options.com)

Email: [info@healthy-options.com](mailto:info@healthy-options.com)



## HEALTHY EATING & WEIGHT LOSS PLAN



**YOU NEED TO EAT  
TO LOSE WEIGHT!**

# Do you want to lose weight? Would you like to eat your way to better health & more vitality?

## THE RESULTS

At Healthy Options, we will work one-on-one with you to achieve your goals. You will eat 'real foods' at home or in restaurants. We will teach you what to eat and how much.

- You will lose weight
- Fit into your clothes
- Boost your self-esteem
- Feel great
- Look fabulous
- Regain your energy and vitality
- Improve Your Health



Eat well, manage cravings, and lose approximately 2 lbs. weekly. Imagine being 2 sizes smaller in 3 months!

*"A great non-diet approach to weight loss...Healthy Options offers an alternative to typical diet programs. Teaching people how to eat properly, unlearn restrictive eating habits and become free of diet neuroses, this plan advocates making lifestyle changes slowly – the best way to lose weight."*

CHATELAINE MAGAZINE



## Lose weight while eating and enjoying a variety of foods.

## THE SERVICE

Here is what you will get:

- 8 or 12-week series
- One-on-One Consultations
- Weekly Nutritional Counseling
- Private Weekly Weigh-Ins
- Body Fat Analysis
- Weekly Support Material & Newsletters
- All the tools needed for your success!

You will learn:

- What it really takes to lose weight. How much food (not how little food) is needed for a successful weight loss journey.
- The key role physical activity plays in weight loss and weight maintenance.
- How to ensure a balanced daily intake of carbohydrate, protein, and fat from a variety of foods—Breads/Grains/Cereals, Fruits, Vegetables, Milk Products, Fats, and Meat/ Alternatives.
- To enjoy the 'little extras' that you crave (chocolate, wine or potato chips) and still maintain control .

## THE PLAN

The Healthy Options Healthy Eating & Weight Loss Plan is based on Canada's Food Guide, and is designed to ensure safe and healthy weight loss while meeting the body's nutritional needs. It was developed in conjunction with a Nutritionist/ Dietitian, and provides approximately 1200–2200 calories per day for women and 1500–2500 calories per day for men.

The Program offers food plans designed to help stabilize blood glucose levels and provide the nutrients necessary to minimize cravings.

The pre-planned menus are simple, making it easy to eat well on the run!

