

KELLY'S *choice*

••• NUTRITIONAL COMPANY •••



PROGRAMS TO CONQUER YOUR WEIGHT LOSS GOALS – ONCE AND FOR ALL

Look great, feel better, get your energy back.

Step-by-step instructions • Know you're doing it right • Guaranteed results

People are tired of fad diets that don't work!

The struggle to lose weight, confusing nutritional advice, not getting results, the yo-yo effect. It's maddening!

Our weight loss programs work for real people:

- ✓ 7,000+ pounds lost.
- ✓ 1,500+ people helped.
- ✓ 1,200+ kept it off for 5+ years.



"The nutrition information was very informative and useful, and helped me lose 17 lbs. I learned to be aware of what I'm consuming and to look at food labels. I now avoid pre-packaged food as much as possible!"

- Jeff Culver, Solvay Bank

Our weight loss programs help people:

- ✓ Lose weight & keep the pounds off.
- ✓ Adopt healthy habits.
- ✓ Have more energy.
- ✓ Look and feel great.

12 Week Weight Loss Program

- ✓ 12 weight-loss videos to guide you to successful weight loss and educate you to keep it off for life.
- ✓ Access to the "Healthie" platform where you can easily track your goals and successes (includes weight-loss trackers, goal-setting forms, and handouts that review each lesson).

Back On Track Program (Post-Bariatric Surgery)

- ✓ 12 live weekly webinars led by an expert dietitian.
- ✓ Tailored specifically for bariatric patients.
- ✓ Access to diet and exercise tracking tools, with the ability to ask the registered dietician questions.
- ✓ Access to live webinar recordings.

- ✓ Each week you will receive a new video lesson, covering carbohydrates, protein, sleep, hydration, snacking, eating out, meal planning, and more.
- ✓ Every week, you'll receive a new challenge that will get you closer to your goal.
- ✓ We make it fun -- yet easy to adopt new lifestyle habits.

Cost may be reimbursable via insurance plans.

