

FirstLineInfo

Join us for our 1 year program that will:

Improve your physical energy and mental clarity.

Reduce your risk of developing heart disease and diabetes.

Increase your muscle mass while decreasing your fat mass.

Help stabilize your blood sugar and hormone levels.

Through nutritional guidance, careful monitoring, exercise and relaxation techniques, Hygeia will help you take control of your own health and wellness.

This package consists of 3 phases:

Phase 1: “Taking Control”

- * In this phase (the first 6 weeks of the program), you will meet regularly with a nutritionist who will assess your needs, and together you will set weekly goals and menu plans.
- * You will receive individual nutritional counseling, exercise guidance, and stress management through practicing relaxation techniques.
- * Progress will be monitored through body composition assessment.

Phase 2: “Making It Happen”

- * In this phase (weeks 6 through 12), you will feel more in control of your new, healthy lifestyle.
- * You will continue to meet with the nutritionist for on-going assessment, support, and guidance where needed.

Phase 3: “Living the Life”

- * You have graduated from the FLT program and are now a member of the Flight Team.
- * You will have access to group discussions and educational meetings for the remainder of the year.
- * You will have the opportunity to determine the topics of discussion at these Flight classes.

*The total cost of this program is \$600 for the year.
This can be paid in 3 monthly installments of \$210.*

OR

Commit and attend with a spouse or friend and pay \$1000 for both of you!

**For more information, call the office at (603) 448-7344
or contact Holly at nutrition@hygeiawomen.com**