

Complimentary Gift Certificate

GIVE THE GIFT OF HEALTH

One Nutrition Counseling Session with a Nutritionist
Christopher Fuzy M.S., R.D., L.D.



- Weight Management
- Disease Management
- Anti-Aging
- General Wellness

LIFESTYLE NUTRITION - 954-561-0166
Call For Appointment

This offer for a limited time only

**OFFICES LOCATED IN BROWARD, DADE AND PALM BEACH
CALL FOR THE NEAREST LOCATION (954) 561-0166**

WHY CHOOSE US ? WE ARE NOT MARKETING EXPERTS - JUST NUTRITIONISTS!

The Founder of Lifestyle Nutrition Inc., Christopher Fuzy M.S., R.D., has spent the last 15 years specializing in individualized Nutrition and Lifestyle Counseling. He has a Bachelors Degree in Nutrition from Florida State University. He also completed a Masters Degree in Nutrition with two years of clinical experience and research in the Texas Medical Center. His specialty was in Sports Nutrition and Clinical Nutrition. He headed the Clinical Nutrition Department at Plantation General Hospital for 2 years before starting his own company in 1990.

Christopher Fuzy has personally implemented and trained over 700 physicians and spas nationwide, with the Lifestyle Nutrition Counseling Program. He has conducted seminars and trained physicians and staff at medical conventions nationwide. All of our nutritionists are licensed with the state of Florida and are well-trained on the Lifestyle Nutrition Program.



Founder Christopher Fuzy M.S., R.D.
Member of The American Dietetics Association
Masters Degree in Nutrition

Lifestyle Nutrition believes in a conventional and an alternative approach to disease management and prevention, anti aging and weight management without food restrictions. Our goal is to increase the quality and quantity of your life and focus on disease prevention through Lifestyle counseling with or without credible nutritional products.

"Our goal is for you to look better, feel younger, have more confidence, concentrate better, sleep better and project a more successful, happy image while decreasing your risk for disease."



**Call for your
Free Consultation
today!**

OFFICES LOCATED IN BROWARD,
DADE AND PALM BEACH

954-561-0166
800-699-8106

Call for the location nearest you.

www.AboutMyDiet.com

*Take
control of
your health...*



Lifestyle NUTRITION



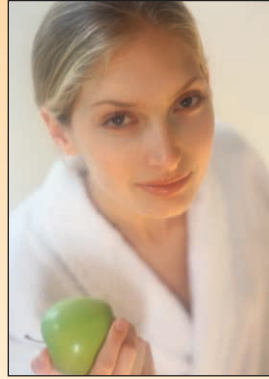
*Lose Weight, Look Better,
Feel Better and Reduce Your Risk
for Cancer & Heart Disease*

**Through Credible
Nutritional Counseling**

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AMERICA'S PROBLEM



According to the American Cancer Society and The American Heart Association, 70% of your risk for cancer and heart disease comes from Lifestyle and Diet, and only 30% of your risk is from Genetics. Heart disease and cancer rates have increased every

year in America in the last 100 years. As a society, we are eating less fat and the National Institute of Health (NIH) reports more than half of Americans are overweight.

If we are eating less fat, then why are we seeing more cancer, more heart disease and increasing obesity?

DIETS and DIET PRODUCTS are not the ANSWER

For the most part, people, look for the magic bullet or the quick fix. Medications and nutritional products become the focus by the patient and doctor - not lifestyle changes. Some clients self medicate with nutritional products or try some miracle diet, regardless of the side effects. Most of the time, you end up losing fluid and precious muscle instead of body fat. The average dieter will spend approximately \$8,000 in the next ten years on worthless diet products.

Our Programs and Services are Less Expensive and More Individualized than Commercial Weight Loss Programs

THE SOLUTION

Individualizing the Nutritional Science for the Specific Needs of Each Person

How much protein do you really need?

What is your metabolic rate?

Have you ever had it measured? Why not?

How much muscle and body fat do you have?

What foods are guaranteed to provide younger looking skin, and reduce body fat?

How do you increase energy and metabolism, naturally and safely?

How can you satisfy cravings and avoid going to bed hungry?

OUR SCIENCE

+

YOUR LIFESTYLE

=

RESULTS!

NO MORE DIETING!

Some clients need educating and some clients need one on one coaching, we provide both!

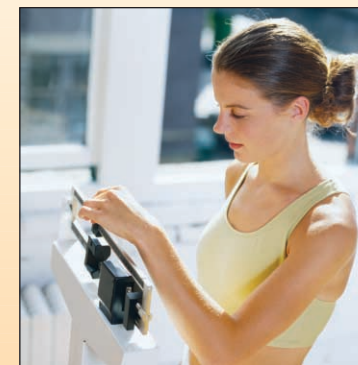
Remember, a few small changes can make a huge difference.

**Non-Dieting Approach
No Food Restrictions**

**It's A Lifestyle...
Not A Diet!!!™**

OUR SERVICES

- Weight Management and Stabilization
- Anti-Aging - Cosmetic and Internal
- Computerized Body Fat Testing
- Complete Laboratory Blood Analysis
- Sports Nutrition and Muscle Gain
- Disease Management and Prevention Diabetes, Heart Disease, Hypoglycemia, Syndrome X, Cholesterol, Triglyceride, Hypothyroid, Blood Pressure, Arthritis, G.I. Conditions, Cancer
- Fatigue, Stress, & Pain Management
- Pregnancy, Lactation & Menopause
- Credible Nutritional Supplements
- Complete Lifestyle, Medical, and Genetic Risk Analysis
- Physician and Corporate Wellness Programs
- Group & Individual Counseling
- For Adults And Children



**Services start at \$25
Call For A Free Consultation**

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LIFESTYLE NUTRITION TESTIMONIALS

It's A Lifestyle...Not A Diet!!!™

Susan - Weight Watchers Instructor - 10 years
"I was concerned, my doctor said that I may have high blood sugar, I felt weak and shaky. After 3 consultations with Chris at Lifestyle Nutrition, I've lost 10 pounds. Counting points is not enough. I feel so much better, have more energy, and no longer feel hungry all the time. Better yet, this is a program and lifestyle I can comfortably live with and not feel deprived. I always tell people that seeing you made the difference.

Brenda - 48 year old Executive & Mom - Stressed Out with Digestion Problems
No matter what I ate bloated me, my cravings were unbearable, I was driven to eat chocolate daily, I was irregular and ate poorly. After 3, one hour Consults over the holidays, I understand the science of nutrition and I am not afraid to eat anymore. I have more variety to eat, feel better, and lost 13 pounds my first month, without cravings. I am regular now, and I eat chocolate occasionally and with self-control. I thought I had an irritable bowel or reflux disease but now I seem fine!

Shirly - 43-year-old Athlete
"I was weight training with a personal trainer 3 days per week, running 45 minutes 4 days per week for 6 months and could not lose body fat or body weight. I was eating a macrobiotic / organic diet that I thought was amazingly healthy. I asked Chris to fine tweak my diet. After one month, 4 consultations, Chris balanced my diet with mostly my foods and I had lost 5 pounds of body fat and increased 3 pounds of muscle. I am not hungry, I have better workouts, and lost 2 dress sizes."

Ann - Physicians Wife - Was a Diabetic
"I tried every diet and diet product out there. I lost weight with most of them. Once I stopped buying their products I regained the weight. You taught me 'It's A Lifestyle Not A Diet!' I have lost 20 pounds, I was taking 3 pills per day to control my diabetes and was going through menopause. Well guess what, I am off my medication and my sugars are running great, my doctor and my husband are very happy."