

COMPARE US TO OTHER WEIGHT LOSS PROGRAMS

WEIGHT WATCHERS

You could pay \$39.95/m (which allows you access to E-Tools and meetings) . Or you could pay a \$20 join fee plus \$13/wk (\$52/mo). Meetings are conducted by those that went through the program and were successful (not by someone with proper nutritional education). They do not take gaining muscle from regular exercise as a consideration for why the scale may go up.

NUTRI SYSTEMS

You must buy their food at \$10/day(\$300/mth) . You are provided with counseling, but not by someone with a nutrition or fitness background. By the way, they do not want to provide any information over the phone. They only want to get you into their facility...that's when you find out all the hidden costs!

JENNY CRAIG

You must buy their food at \$11-\$13/day(\$330-\$390/mo) plus pay \$20 for 20lbs. The daily meal costs include 3 meals & a snack, but you still have to buy your fruits and vegetables. Employees are trained by Jenny Craig on how to counsel you, but they do not have any nutrition or fitness education.

LA WEIGHT LOSS

You pay \$9/wk, but you have to pay all your weeks up front (the number of weeks is determined by the program they set you up on). You do buy your own food. Employees are trained by LA Weight Loss, but do not have any nutrition or fitness education.

HERE'S WHAT *HEALTHY LIVING* IS ALL ABOUT

First of all, we are not a weight loss program We are a healthy living program.

Our program will teach you how to change your lifestyle in a way that is easy to manage and maintain. If you happen to need to shed some pounds, our program will get you there, and teach you how to keep it off!

You do not have to buy special food. You chose the healthy foods you enjoy. We will even take you to the grocery store for a class in purchasing the better choice by understanding what is on the label!

We offer a program led by an individual with certificates in nutrition and fitness.

We offer seminars that provide you with the tools you need to lead a healthier lifestyle. Our program leader will educate you in understanding proper nutrition as well as the benefits of regular exercise.

We cost less! *Healthy Living* is only \$29.95/mo for FCFW members, and \$35.95/mo for non FCFW members. No hidden costs, no additional program costs, and no money spent on prepackaged foods!

Finally, we truly care about your health and overall wellness. Besides, where else can you weigh in, attend a meeting , get properly educated, and then go work out...and all under one roof!

The Fitness Club For Women

200 Linden Street

Wellesley, Ma 02482

781-235-3638

Give us a call today and let us help you get started on leading a healthier lifestyle.



Healthy Living By The Fitness Club for Women

*A complete nutrition
and fitness program*



LEARNING PROPER NUTRITION

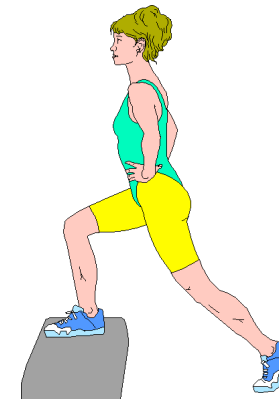
Do you know the difference between good fats and bad fats, good sugars and bad sugars, and good carbs and bad carbs? The many different seminars that will be offered in this program will provide you with the knowledge you need to make the right food choices. Take a trip to the grocery store, learn how to make a fattening recipe healthy, and learn how to not deprive yourself without overindulging are just a few of the fun and informative topics.

WHAT CAN YOU EXPECT FROM US

FCFW will provide you with a better approach to reaching your goals, eating better, exercising regularly, and living a healthier lifestyle.

We offer a program leader who holds a Certificate of Nutrition as well as a variety of fitness certifications.

Whether you want to taper your waistline, or just change the way you think about food; our program is designed to benefit everyone.



LEARN THE BENEFITS OF EXERCISE

Regular exercise is essential in leading a healthy lifestyle. Exercise helps to promote a healthy heart and lungs. It helps to improve concentration and focus, and improves overall wellness.

Our seminars will help you learn how to exercise properly, learn why exercise is so important for you, and teach you how much you really need to reach your fitness goals.

WHAT WILL YOU GET AS A HEALTHY LIVING MEMBER

Every Healthy Living member will receive a binder containing a food log, an exercise log, a place for notes, a place for recipes, and a 12 week schedule.

There will be one Healthy Tools seminar each month, weigh-ins every two weeks, an open forum conducted by the program leader, and a member conducted open forum.

PROGRAM COST

\$29.95/mo for FCFW members*

\$35.95/mo for non FCFW members*

*3 month commitment paid in full required