



## Weight Loss Transformation! Online Program

### What is Weight Loss Transformation?

Weight Loss Transformation! (WLT!) is the only Registered Dietitian-developed weight loss program that effectively addresses the three life areas that impact weight loss: physical, emotional and spiritual. Most programs address one or two of these areas, but only WLT! effectively addresses all three areas.

WLT! is more than just a diet. A diet provides information on what to eat; but successful weight loss is about much more than just the food. You are a multi-faceted individual, so you need a comprehensive approach to achieve your weight loss goals. This is why I've identified Physical, Emotional and Spiritual health as the core lifestyle areas that must be addressed in order to holistically manage your weight.

### WLT! and Physical Health

Using my training as a Registered Dietitian, I developed the WLT! food plan that:

- Is nutritionally sound and safe, no weight loss schemes
- Is based on proven weight loss strategies/evidence-based weight loss strategies that generate consistent, steady and permanent weight loss.
- Is based on your food preferences. You will only eat foods you like!
- Provides all the nutrients you need to have more energy and feel great
- Won't leave you hungry or feeling deprived
- Is flexible and portable – you can adapt it to social events, and even take it with on vacation!
- You'll still follow long after you've achieved your weight loss goal

### WLT! and Emotional Health

If you eat when your stressed, bored, lonely, tired or angry, you are eating emotionally and eating more than you need. This can derail your weight loss efforts. The Weight Loss Transformation! Program will help you become more aware of your emotional eating and give you the tools to manage it so you can get to your goal.

### WLT! and Spiritual Health

This is the foundation of WLT! Many people fail at weight loss because they rely on their own willpower to stay on track with their weight loss goals. But with all the challenges and distractions in your daily life, it can be really hard to stay consistent and focused. Your relationship with God, your spiritual walk, can provide the strength you need to stay focused each day to lose the excess weight

and keep it off. This is **not about religion or a denomination**; it is about a loving Power that can nurture you, support you and help you have the health and fulfilling life you desire.

The Seven Spiritual Principles of *Weight Loss Transformation!*<sup>®</sup>

1. Permanent Weight Loss is Physical, Emotional & Spiritual
2. God Desires the Best for You
3. Knowledge Is Power
4. Mindset = Attitude = Outcome
5. 4Ps For Permanent Weight Loss: Prayer, Practice, Perseverance, Patience
6. Moving Means Losing
7. Permanent Weight Loss Is A Team Effort

These three life areas are built into every WLT activity and resource to empower and support you to achieve permanent weight loss. And you will receive a lot!

#### **What's does WLT! Online offer?**

- Weekly, live online groups (webinars)
- State-of-the-Art weight loss and health tracking system
- Customized food plans
- Spiritual Fitness materials
- Weekly Motivational, and Healthy Eating and Living emails
- Daily and weekly activities to build those habits for permanent weight loss
- A private Facebook Community of Success
- A Nutrition and Wellness resource library

#### **Where are the WLT! groups located?**

WLT! groups are hosted online (over the Internet) using an interactive webinar system – a ‘virtual’ live seminar. You’ll be able to hear the group leader, see her presentation, and communicate with other members during the group sessions. This convenient and easy to use system allows you to participate from the comfort of your home or any other location where you have access to a computer, IPAD, or mobile device. Even if you can’t get to a computer, you can still listen to the group from any telephone or mobile device. Setup is super easy and there is always technical support available if you need help. Once you enroll in WLT!, you’ll receive a password to register for the group sessions. Don’t worry if you can’t make a group session; the groups are recorded and available for viewing at your convenience.

#### **How much does the WLT! Program cost?**

*Weight Loss Transformation!* is not expensive.

You can pay week-to-week for only \$21 a week.

Save 25% by enrolling in the monthly membership plan for only \$64 a month, that only \$16 a week!

We make payment easy with automatic deduction/payment. You can cancel at anytime.

