



TAKE IT OFF WEIGHT LOSS PROGRAM

We are very excited to present the Take It Off weight loss program at the Millennium SportsClub. This 90 day program will enable us to serve our members who wish to lose weight by offering this nutritional component along with our exercise programs for permanent and long term results.

Obesity is the hot health topic of our nation today. January 2006 census reported that 66% of Americans are overweight and 32% are clinically morbidly obese. Obesity related issues are now the second leading of death in our country.

TAKE IT OFF BASICS

The individual can count on losing one to two pounds per week. That could be as much as 25 pound drop in weight over the 90 days. Member will enroll in the Take if Off program and then meet with the Take it Off coach for a 30 to 45 minute orientation. The coach will set weekly coaching sessions with the member.

Take it Off 90 Day program offers the following:

- ✚ Weekly coaching sessions
- ✚ Education and Adjustments to Weekly Routine
- ✚ Nutritional plan designed for member's individual needs. Member will purchase grocery store foods as well as Take It Off balanced bars and shakes.
- ✚ Accountability
- ✚ Motivation
- ✚ Non Member Special is \$299 plus a \$29 per month maintenance fee for three months.

Every Member Or Guest Who wants to finally take control of their weight loss in a healthy, safe and long lasting way would benefit from this program. Please call the club today (722-3988) and ask to speak to one of our knowledgeable staff in the membership department. Our friendly staff will answer all your questions and help you to get started today.

**Millennium SportsClub
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209-722-3988

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