



JOIN THE LISTEN TO YOUR BODY PHASE!

CONTINUE LOSING WEIGHT AND LEARN HOW TO KEEP IT OFF

Enjoy all the health benefits you receive when you purchase weekly personalized coaching!

Do you know what new foods will give you negative symptoms or cause you to gain weight? With the Listen To Your Body phase, your coach will advise you, encourage exercise, and keep you on a structured diet so that you may add in three new foods each week without adding any weight! Every Monday, your coach will give you the add-ins for the week and track your results over the phone to help you maintain a healthy lifestyle that suits you and your body's needs. We track whether the added foods cause any negative symptoms: it could be an allergy, it may be linked to a health issue, or it can cause you to gain back the weight you've already lost. Your coach will guide you, encourage you, and track your results. Join the Listen To Your Body phase today! Only \$99 a month.

Includes weekly 15-minute meetings with your coach!

Keep tracking your weight and Maximize your results!

Convenient and personalized!

Add in 3 new foods every week and learn what works for you!

Get 20% off your supplements!

LYIFESTYLE WELLNESS, LLC

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Office Hours:
Monday-Friday: 9am-5pm