

## HOW DOES MY PROGRAM WORK?

### 1. Weight Strategy Call

You will be contacted by me to determine your goals, learn more about my program and see if the two are a good fit.

### 2. Begin Your Journey - Phase I

With the guiding hand of your health coach - me - you begin to lose weight quickly and safely using my medically approved program.

### 3. I Teach You How to Keep It Off...

Using the habits of health I will teach you how to maintain your weight loss and keep it off for life.

#### Why Weight?

For more information, call

**617-291-4573**

or visit at

<http://GravityResistance.com/healthyyou.html>



*"I'm a former anorexic, former cancer patient, a survivor in most areas of my life. Now, I've learned the habits of good health and am honored to help you lose weight and keep it off, just like I'm doing."*

#### Tracey Miller

Health Coach

GravityResistance@gmail.com

WHY WEIGHT?

# LOSE 2-5 POUNDS EACH WEEK..

## SAFELY, FROM THE COMFORT OF YOUR OWN HOME

WITH

## TRACEY MILLER

&

## GRAVITY RESISTANCE

**The Medically Approved Program  
to Lose Weight and Keep It Off for Good!**



617-291-4573

## MEDICALLY APPROVED WEIGHT LOSS

“Let food be your medicine and medicine be your food.” ~ Hippocrates

### The Reality of Obesity in America

- Obesity will surpass smoking as the #1 preventable cause of death in America
- 65-70% of Americans are either overweight or obese
- Most people, in spite of all the good advice in the world, aren't losing excess weight
- Obesity and overweight is linked to over 100 diseases according to the American College of Bariatric Physicians

Overweight (BMI: 25+) or obesity (BMI: 30+) contribute to health risks for premature death and debilitating disease. But, it *is* manageable.

### Who Can Benefit From This Program?

If you or someone you know is struggling with:

- being overweight
- obesity
- diabetes
- high blood pressure or cholesterol
- heart disease
- sleep apnea
- symptoms of menopause
- joint pain



This program is designed specifically for you

A HEALTH COACH OFFERS SUPPORT AND TOOLS

### The Right Program That Delivers the Right Results.

- Clinically proven
- Support and Counseling
- Portion-controlled meals
- Variety
- Fast results without hunger or muscle loss
- Recommended by over 15,000 medical providers.

### How Is This Program Different?

First, our program is not a diet. It is a lifestyle change based on one of the largest studies of people who have been SUCCESSFUL at losing weight and keeping it off for good (average of five years). In addition, our program is:

1. **It is Safe and Effective** (Clinically proven at major teaching hospitals, Avg. 2-5 lbs fat loss/week, pharmaceutical grade “Medical food”, effective even for the sickest of people)
2. **It is Simple and Convenient** (Not having to count calories, grams or points makes our program easy for patients and easy for you to implement)
3. **It Includes Behavior Modification and Support** (It is not a question of whether the program works, it does. Our coaches and Virtual Clinic offer several forms of support, education, and tools to keep weight off for good)
4. **It is Cost Neutral for most people** (No enrollment fees, average plan costs less than \$10 per day. The coaching is free.)



**Lynette Wagers**  
Weight Management Nurse  
Practicing what she teaches, Lynette, has lost 49lbs and has gone from a size 18 to a size 10. And, she is still losing!

NOW IS THE TIME TO TAKE CHARGE OF YOUR HEALTH