READY TO LOSE THOSE EXTRA POUNDS ONCE AND FOR ALL?

The formula to lasting weight is simple: **80% NUTRITION + 20% FITNESS = 100% SUCCESS.**

These series of nutrition workshops are the tools you’ll need to achieve success. They cover all aspects of nutrition from a pantry makeover to meal prep, you’ll be armed with everything you’ll need for successful and lasting weight loss.

You can register for one or all of the workshops.

**NUTRITION WORKSHOP SERIES**

**Nutrition for the Mind, Body and Spirit**
Discover what’s eating “you” and learn how to take control of your diet and nutrition once and for all through a holistic approach.

**Pantry Makeover Tips & Tricks**
Giving your food pantry a nutritional makeover is as easy as 1-2-3. A well-stocked pantry filled with healthy foods is a must for a happy, healthy life. We will teach you how to revamp your pantry to fit your personal nutrition needs.

*Bring 5-10 food items from your pantry for a Fun Label Reading Activity (bring items that you may have questions about)*

**Sprouts Grocery Store Tour**
Learn how to navigate the world of food labels and make the most of your shopping trips. On our trip to the store, we will discuss food labels / ingredients lists, as well as, healthy snack and meal options best suited for you and/or your family!

**Meal Prep 101**
Ready to make meal prep easy? We will show you step by step how to prep healthy meals and snacks for the week and answer all of your burning meal prep questions.

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**INCLUDES**
- Workshop Handout
- Personal Journal

**COST**
$25

**WHEN**
January SAT. 7, 2017 – 1pm

**LOCATION**
Pure Energy Fitness*

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**INCLUDES**
- Healthy Substitutions Handout
- Sample food label
- *Raffle Prize: $25 grocery store gift certificate*  
*Minimum of 10 participants required for raffle to take place

**COST**
$25

**WHEN**
January SAT. 14, 2017 – 1pm

**LOCATION**
Pure Energy Fitness*

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**INCLUDES**
- Tour Handout
- Coupons from Sprouts

**COST**
$25

**WHEN**
January SUN. 15, 2017 – 10am

**LOCATION**
Sprouts Farmers Market Smyrna**

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**INCLUDES**
- Workshop handout
- Easy recipes for you to take home

**COST**
$25

**WHEN**
January SAT. 21, 2017 – 1pm

**LOCATION**
Pure Energy Fitness*