

12-WEEK LIFESTYLE ENRICHMENT WORKSHOP



EXPERIENCE OUR WORKSHOP THAT CONCENTRATES ON
FITNESS AND NUTRITION TOGETHER IN ONE!

Our philosophy is simply to partner with you to develop a customized approach to Nutrition and Fitness Management. We will help build a solid foundation with vital information about nutrition and wellness. We have successfully customized a Lifestyle Management Program that guarantees results within weeks!

Our approach is to give unlimited resources, information, and support to assist you in achieving your health goals.

Mye Nutrition Works will design a sensible eating and exercise plan based upon your personal preferences and lifestyle. You will gain a new found understanding of food, exercise, and how to deal with everyday stress.



Get ready to experience your healthiest year yet

2012

Don't make excuses or New Year's resolutions that you will abandon. Commit to start living your best life now!

Learn exercises that can be done in the office, home or gym
Grocery shopping suggestions, menu planning, and recipes
Healthy cooking techniques, food safety, and food storage
Quick and easy stress management techniques
How to read food labels



Contact info **347-740-7005** or Contactus@myenutritionworks.com