vtrim®

Learn to Live Your Healthy Weight

Losing Weight isn't Easy. We'll be by Your Side. **Vtrim® isn't about quick fixes. It isn't about current fads. Vtrim® is about ending the yo-yo effects of most diets by promoting lifestyle changes for long-term success.**

Vtrim®'s 12-week program consists of weekly, one-hour, online classes led by an expert facilitator.

Vtrim® classes are kept small with 12 – 20 participants, all who are working toward similar goals to improve their health. Your classmates are a team, *your team*, providing peer-to-peer support as you work toward a healthier you.

We'll give you meaningful tools that come from 30 years of research in the field of weight management.

You will learn from expert facilitators, most of who are Registered Dieticians or Master's Level Counselors, and who will be with you every step of the way. Your facilitator is a champion, *your champion,* who will be there for you when the going gets tough.

Vtrim® gives you meaningful tools you can use during and after the course to help you manage your weight anywhere, anytime.

- **Individualized calorie goals;**
- **Online, interactive journaling;**
- **Recipe and menu building, integrated with calorie calculator and journaling program;**
- **Personalized graduated exercise program;**
- **Online group support, both peer and expert;**
- **Weekly guidance, feedback and accountability from facilitator via email and website.**

Classes are filling up, sign up today! Or learn more by visiting www.vtrimonline.com or call us at 877.408.5348, we're happy to talk to you!