



Lilypond LLC Announces

COMMIT 2011 TO YOUR HEALTH!

New Weight Loss Program & Support Groups

I am thrilled to be offering a new and innovative weight loss program for 2011. After working with many clients on weight loss, I have realized that simply working on dietary changes is not enough! Mental, behavioral and emotional factors must be addressed and overcome to be successful with making lasting dietary and lifestyle changes.

This new Weight Loss Program is based on the integral holistic pillars that create the foundation for healthy weight loss, lasting lifestyle changes and optimal health:

- 1. Addressing physiology and metabolism:** Many factors play a role in achieving and maintaining healthy weight and are typically overlooked in 'off-the shelf' diets. Blood sugar balance, inflammation, digestive health, food sensitivities, exercise, stress, hormonal function, detoxification ability, and body type all need to be taken into account to help a person optimize body function, effective weight loss, and prevent chronic disease.
 - a. Personalized assessments & weight loss plan,** including body composition analysis with BIA (bio-impedance analysis), diet and lifestyle plan that addresses your individual needs. Blood test analysis is available as well. This information is used to create your unique diet and lifestyle plan.
 - b. Learn about biological and nutritional factors** that may have been hampering your success all along in weekly talks and discussions. Break through these patterns with your newfound knowledge and the ability to make better choices at each meal.

- 2. Addressing emotional and behavioral issues:** We may know what we're supposed to eat, but emotional eating, stress, beliefs and habits can continually sabotage us. Coaching, support and accountability will help you identify what may have been holding you back from being successful and learn new behaviors and attitudes.
 - a. Regular group meetings and weigh-ins** will provide peer support and encouragement to keep you on track to be successful this time. Learn and grow with others as you make changes and embrace a new and healthier lifestyle.
 - b. Lifestyle planning** - making time for yourself and your health, integrating exercise adjusted to your ability, and finding new ways to manage life all pay out big benefits in the long run. Learn how to hone these skills in individual and group meetings.
 - c. Lectures by field experts** - in personal training, emotional eating, limiting beliefs, and personal empowerment.



**This program is about more than just weight loss:
It's a journey to create a new and healthier You in body, mind, and spirit!**

To learn more, attend the
FREE INTRODUCTORY MEETING

JANUARY 05, at 7:00 pm

at Park Meadows Pilates
8600 Park Meadows Drive, Suite 200, Lone Tree, CO- Map PMP:

RSVP please: 303-912-1100

or karin@lilypondhealth.com

For more information, please call or email
or also see flyer: [Weight Loss 2011 - Flyer](#)

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I hope you see you there!

Karin Dietrich

Master Nutrition Therapist

Lifestyle Educator

Reiki Master

Lilypond LLC - Nutrition Therapy & Reiki

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