

LHC's Fall 2010 "Lose2Win" Weight Loss Challenge

Our HEALTHIER version of the "*Biggest Loser*" starts September 22th!

This **12-week program** includes the **NutriSum nutrition plan**, monitoring your progress as a team and individually, helping you overcome obstacles that may have previously held you back.

- 13 weeks of daily meal plans with easy-to-follow recipes
- 13 weeks of exercise guidelines and tips for staying on track
- Handouts, weigh-ins, nutrition/other workshops, options for group personal training

Here's what previous LHC participants have experienced with the program:

"Lose2Win has been a big help to me in getting me started on better eating habits and getting back to LHC. And Joyce is such a great motivational, upbeat person to head this group. I'm so glad I made the decision to participate." Judi Carithers, LHC member. "Lose2Win was awesome. Not only did I lose 10 lbs. but I've completely changed the way I look at food. Thanks so much Joyce." Richard.

\$59 Individual: you can do this 12-week program privately. Just attend the initial meeting Sept. 11 or 18th at 1pm (includes a private weigh-in for baseline measurements), the final weigh-in meeting and the nutrition workshop Oct. 2 with Certified Life Coach and personal trainer Joyce Bueker. She specializes in Ayurveda nutrition, yoga and meditation.

\$119 Individual with Group Meetings: in addition to the above you receive 12 weekly meetings with Joyce, where you receive handouts with great tips and additional information to keep you motivated, and the group interaction is highly stimulating and supportive of your goals too. Make new wellness friends, and stay on track!

\$199 Program plus Team Personal Training: Groups of 3-6 participants work out together weekly with a certified trainer; cardio/strength sessions will be challenging and motivating. Teamwork and camaraderie will help you build and keep new habits for success.

\$15 Workshop Options: Joyce Bueker will also feature **3 great workshops** to enhance your well-being. LHC members are invited for \$20/workshop (\$15 for Lose2Win participants.)

- **East-West Cooking Class October 16nd from 1-3pm:** hands-on experience lets you learn how to use 6-taste cooking to balance the appetite, increase motivation for healthy food choices. These easy gourmet recipes appeal to busy Westerners looking for fast, flavorful and truly fun food. This workshop comes with seasonal recipe handouts.
- **Deep Relaxation/Sleep Enhancement November 6th from 1-3pm:** learn three simple yet profoundly effective exercises to improve visualization, relaxation and meditation; plus natural herbal remedies, the Ayurveda 5-Sense Bliss technique and the 5-Minute Chakra Tune-Up. This workshop gives you a CD of the exercises plus handout.
- **Yoga for Your Type November 20th from 1-3 pm:** Joyce will teach you how to recognize your individual constitution (based on her book, *Ayurvedic Balancing: An Integration of Western Fitness with Eastern Wellness*) and also suggest yoga routines to enhance your mind body type. Handouts with photos of poses are included in this workshop.

Sign up at the Front Desk; call Joyce Bueker 925-768-5574 for more information.