

Weight Management University™

*Professional...Customized...Convenient...Affordable...
Long-Term Success Can Finally Be YOURS!*



Program Includes:

- ✓ Metabolic/Lab/Diet Evaluation
with Dr. Clark (lab costs not included, you may present insurance card)
- ✓ WMU Online Courses taught by Dr. Clark
- ✓ Individualized Counseling Sessions
(usually 4 the first month then 2/month)
- ✓ Access to 'Member's Only' Portal
- ✓ 1 Hour Personal Training/Equip. Orientation
- ✓ 6 Month Fitness Center Membership*
- ✓ Unlimited Group Fitness Classes
- ✓ Weekly Webinars with Dr. Clark
- ✓ Weekly Lifestyle & Behavior Modification Class
- ✓ Unlimited Body Composition Analysis
- ✓ Bonus - Getting Started Package
(2 boxes Weight & Inches Shakes, 2 boxes Protein Snack Bars - \$60 value)
- ✓ CFWLS Tote Bag
- ✓ Subscription to Monthly Newsletter
- ✓ Dr. Clark's Podcasts
- ✓ 10% coupon for Nutritional Store
- ✓ Rewards Card
(credit toward future store purchases)
- ✓ Invitation to Monthly In-Store Events

Your Choice for Ultimate Success

6 Month

Weight Management University™

All for only \$999.00

Getting Started \$345.00

and 6 Payments of Just \$109.00/mo

No service charge

Pay in Full with \$100 off - Just \$899.00

or

Customize Your

Weight Management University™

No Contract

Getting Started \$345.00

with monthly payments of \$129.00

No service charge

**Fitness Center open Store Hours, key fob available to purchase for extended hours.*

Prices subject to change

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Your **Weight Management University™** curriculum takes you step-by-step through the process of losing weight, and more importantly, how to keep it off for life! Combine this with your personalized diet plan, individual counseling, lifestyle classes and fitness program and you have everything you need to make your goals a reality of weight loss success!

In addition to the modules below and the many bonuses already included, your *Members Only* portal is filled with fitness tips/videos, tasty recipes and inspiration to keep you motivated.

Core Modules	Includes 14 Chapters & Corresponding Videos
1. Getting Started & Goal Setting	Motivation happens with quick results. This module shows you how to maximize your investment with quick implementation and weight loss to keep you going. Learn what you can begin today and the top thing you need to focus on – no need to feel overwhelmed.
2. Accountability	Setting up an accountability plan keeps you on track now and over time is critical to your success. This module shows you how without overwhelming you.
3. The Basics—How to Get Results	Dr. Clark’s chapter on ‘The Basics’ teaches you what really counts when it comes to what you are eating. You will receive your personalized nutrition plan during your Metabolic/Diet evaluation with Dr. Clark. You will also learn the difference between “eating healthy” and “eating healthy to lose weight”. Weight loss doesn’t have to be complicated. Eating healthy made easy for you!
4. Macronutrients	This module teaches you what really counts when it comes to what you are eating. You will learn what you need to count for optimal success without overwhelming you with unnecessary tracking you don’t need to worry about. Includes your 1, 2, 3 plan that simplifies not only what you need to eat but how to stay satisfied.
5. Supplements	No need for confusion when it comes to the many vitamins and supplements available. This module clarifies what you need for optimal results. You will look and feel your best!
6. Cardio Exercise/ NEAT	Fitness that begins at your level. This module teaches you what you may not know about exercise and how to make it an enjoyable part of your routine.
7. Eating In/Eating Out	This module makes eating in and eating out a breeze. You will learn how to make your healthy choices with ease – no need to stress here!
8. Carbohydrates	The good, the bad and the ugly is simplified for you when it comes to eating carbohydrates. This module includes the information you must know for best results.
9. Stress...less	Stress – we all have it. You will learn how stress affects your body and your ability to lose weight. It also shows you the best ways to conquer your stress!
10. Protein	Protein is a misunderstood macronutrient. This module gives you the skinny on protein, staying satisfied and building the metabolism you desire.
11. Resistance Training	You will finally learn the fitness side of building your ideal metabolism – for weight loss and long term weight management. Don’t miss this one!
12. What about Fat?	Fat is another very misunderstood macronutrient. You don’t have to live in fear – learn what you do and don’t want to eat when it comes to fat choices. Fat isn’t necessarily making you fat!
13. Micronutrients	Vitamins are part of a healthy diet. Knowing what to look for in a quality supplement is important.
14. Where do I go from here?	You have lost weight, your blood sugar is under control, your activity has improved (and you actually look forward to it), your lean body mass is higher – don’t lose your momentum – this module continues your plan for long-term success. No more yo-yo dieting for you!