

Creative Arts

S T U D I O

New Year, New You!

A Weight Management Lecture

Wednesday January 13th 2010 7:00-8:00pm \$10

310 Atlantic Avenue, Brooklyn, NY 11201



Loni Markman, MA, CHHC

Loni is a certified Pilates instructor and integrative nutrition coach. She holds a bachelor's in business, a masters degree in Integrative Health and Healing and a certification from The Institute for Integrative Nutrition as a Holistic Health Counselor.

Are you determined to meet your weight loss goals this year? If healthier habits are among your new year's resolutions, give yourself a pat on the back for making health a top priority. But as we know, the hard part is actually sticking to it and making real changes!

In this lecture you will learn the top ten tips I've seen work over the years when coaching clients on nutrition and weight loss. The key to lasting weight loss is to not focus on dieting. Our integrative approach to nutrition is all about balance. One person's food is another person's poison, and that's why fad diets don't work in the long run. We look at how all areas of your life are connected and it's this connection that is the key to keeping the weight off and feeling healthy from the inside out.



www.elementsoffit.com