

TRANSITIONS® LIFESTYLE SYSTEM

Winter/Spring Agenda 2011

Meeting Tuesdays 6PM at the Grantsburg Fitness Center
unless otherwise noted or rescheduled

Week of March 14 – Evaluation with Dr. Bont & materials prep with Mary Griesbach

March 15 - Week 1 – Jump Start Your Success

View video together

Learn how to accomplish a successful detox and why

Begin using your Daily Journal for journaling and reference

“Before” photos (optional)

March 22 – Week 2 – Getting Healthy Body & Mind with the Glycemic Index

View video together

Learn the Level I Eating Plan

March 29 – Week 3 – Supplements for Success

Review purpose of and options for weight management supplementation

Sampling of **Transitions**® products

Discussion of exercise & fitness

April 5 – Week 4 – Healthy Kitchen Basics I and II

View both videos at home prior to class

Weigh and Measure this week!

Begin “New Foods Challenge”

April 12 – Week 5 – Reading Labels

View video together

Learn about label summaries and common mistakes in reading labels

Bring in labels to evaluate together

Journaling options

April 19 – Week 6 – Grains & Your Health (A Calorie is not a Calorie)

View video together

Learn about different carbohydrates and their effect on your metabolism

Discover the benefits of fiber

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April 26 – Week 7 – Transitions® & Plateaus

View video at home prior to class
Presentation of **nutrametrix®** nutritional supplements and developing your personal nutritional wellness program (special guest speaker)
More product sampling

May 3 – Week 8 - Get off the Sweet Stuff (A Calorie is not a Calorie)

View video together
Weigh and measure this week!
Learn about natural and artificial sweeteners

May 10 – Week 9 – Good Fats/Bad Fats (A Calorie is not a Calorie)

View video together
Learn why not all fats are created equal and how to make smart & healthy choices

May 17 – Week 10 – Stress & Weight Gain

Learn about hormones and stress and their effect on weight gain
“Emotional Eating” presentation

May 24 – Week 11 – Achieving Results to Last a Lifetime

View video together
Evaluation of your Transitions® Lifestyle System program experience

May 31 – Week 12 – Graduation!

Final weigh and measure and “After” photos!
Self-quiz
Bring your friends and family to help celebrate!

NOTE: you are welcome to invite any family member or friend to any one meeting of special interest or to introduce to Transitions® at no charge.