# READY TO TAKE CHARGE OF YOUR HEALTH?

The **City of Duluth/Bridge to Wellness** is pleased to host the

## Transitions Lifestyle System®

Presented by: Michelle Russell, CHHP, CHTP
Transition Lifestyle Representative

TLS is a 12-week nationally recognized healthy lifestyle and weight loss solution program designed for those who:

- Would benefit from a whole person approach to health and wellness
- Feel they have tried everything to become healthier and have been unsuccessful
- Would like a support system when seeking weight loss/life-style change
- Wish to reduce or eliminate their dependence on medications prescribed for the control of preventable diseases
- Want to improve their energy, sleep and mood
- Are willing and able to commit to a structured health and wellness program for 12 full weeks

**COURSE TUITION**
**City of Duluth/Bridge to Wellness**
Discounted group rate:
$275 ($450 value)
*Includes all materials.*

# The Transitions 12-Week Lifestyle System

**The informative and highly interactive classes are as follows:**

Week 1: Stop Dieting – Live the Lifestyle
Introduction to the Transition Lifestyle System
Week 2: Jump-Start Your Success
Simple and Safe Detoxing
Week 3: Healthy Mind and Body Using the Glycemic Index
Week 4: Healthy Kitchen Basics I & II
Week 5: Grains and Your Health
Good Fats, Bad Fats
Week 6: The Secrets of Sugar – Get Off the Sweet Stuff
Week 7: Understanding and Avoiding Plateaus
Week 8: How to Read Labels
Food, Supplements and Labels Q & A
Week 9: Stress and Your Weight
How stress sabotages our health and weight loss efforts
Week 10: The Importance of Physical Activity
Exercising the Right Way
Week 11: Living the Lifestyle
Exercise, Stress, Plateaus Review – Q & A
Week 12: Achieving Results to Last a Lifetime

**CLASSES BEGIN**
**Wednesday, September 16**
**5:00PM - 6:00PM**

**LOCATION**
**City Hall, Room 322**
**Duluth, MN**

## WHAT PARTICIPANTS ARE SAYING

- *I feel more in control - The TLS Lifestyle is now a natural part of my everyday life.*
- *I feel thinner and healthier.*
- *Lower blood pressure.*
- *This class gave me the tools to achieve lasting healthy lifestyle changes.*
- *No more soda!*
- *I lost 14 pounds and 7 inches...I feel healthier, energized and motivated.*
- *A 180 shift in the food I consume.*
- *I have less aches and pains and much more energy.*
- *I sleep better, my mood is better and I have more hope in my life.*
- *I lost 15 pounds and 6 inches plus no more blood pressure pills!*
- *I'm sleeping better and have more energy.*
- *I feel that this is a lifestlye I can continue.*

**SPACE IS LIMITED TO FIRST 20 PARTICIPANTS**
**RSVP by Wednesday, September 9 to:**
**Angel Hohenstein, City of Duluth Employee Wellness Coordinator**
**218.730.5201 or ahohenstein@duluthmn.gov**

**Registration forms and payment due at the start of session one.**
**Registration: Wednesday, September 16**
**4:30PM-5:00PM**