

8-Week Intensive Weight-Loss Program

If you have some weight to lose, need structure, discipline, and someone to be accountable to, than this program is for you!

- ✓ Lose weight sensibly, under the guidance of a Registered Dietitian
- ✓ Learn how, what, and when, to eat for your body type
- ✓ Walk away with the tools you need to keep the weight off

Includes:

- Initial Health Consultation
- 4 Personalized Meal Plans (plus weekly calorie adjustments)
- Weekly Follow-up Sessions & Weigh-ins
- Weekly Nutrition & Exercise Challenges
- Program Goals & Worksheets
- Monthly Newsletter Subscription

Cost: \$1500 + HST

Weight-Loss Guarantee!!

We guarantee that you will lose a **minimum of 8-16 lbs weight loss** (1-2 lb per week). If you don't lose a minimum of 8lbs over the course of the program, you can continue/repeat the program until you do!

*Weight-loss guarantee applies only if you follow the program and meal plans.

Is this program covered by my Insurance?

Many extended medical insurance plans and health spending accounts cover nutrition counseling by a Registered Dietitian. Check your plan to see what is covered for you.

If your plan does not cover the services of a Registered Dietitian, save your receipt. In the province of British Columbia, Registered Dietitians are classified as an "Authorized Medical Practitioner". What this means is that you can save your receipts and supply them to your accountant for a non-refundable tax credit.

To book: Email info@danihealth.com or Call 250-590-6382