

# Resources for Weight Loss Program

## Take Shape for Life Health Coach Kit:

Become a certified Health Coach and watch your clients melt away on the easy to use "5 & 1" eating plan. Not only will you reap the rewards of their success, you will make a nice income through the TSFL compensation plan. Sign up to start your career today!

[www.ogdenathletic.tsfl.com](http://www.ogdenathletic.tsfl.com) , New Health Coach Career Kit or contact Bryan Dugger at [bryan@cmsclubweb.com](mailto:bryan@cmsclubweb.com).

## On site nutrition program training for clubs, coaches, & employees:

Nothing takes the place of hands on training as you implement nutrition programming in your club. Jeannine will teach you the strategies of how to set up your program to profit your club and how to help your clients become successful in their health and weight loss goals.

### Call for package prices from \$99!

Jeannine Groll, R.D, C.D., Registered Dietitian and Certified Health Coach, Groll Family Fitness, 208-852-2542: 888-840-9929 [gff@hostidaho.com](mailto:gff@hostidaho.com), [www.grollfamilyfitness.com](http://www.grollfamilyfitness.com)

## Take Shape for Life Habit Trackers & Plate Method Habit Trackers:

Help coach your clients through these essential daily tracking guides. Clients check off their plate (Plate Method) or check off their meals (TSFL) as they eat their servings, track water, exercise, and more.

**\$2 each plus shipping Jeannine Groll, Groll Family Fitness, 208-852-2542: [gff@hostidaho.com](mailto:gff@hostidaho.com)**

## Fast Food Nutrition Guide: Positive Promotions; [www.positivepromotions.com](http://www.positivepromotions.com)

**Item #: ITP-27**

Make healthier choices at 26 popular, low-cost restaurants, from Burger King and Taco Bell to Pizza Hut and Dunkin' Donuts. This 36-page guide, updated with the latest menu choices, gives the calorie, fat, saturated fat, trans fat, cholesterol, sodium, carbohydrate and fiber counts for over 1,000 foods and drinks. Helps people compare nutrition information and make smart choices in fast food and take-out meals. Personalization not available in quantities 25-99. Personalization on back cover only.

**\$1.35 each for order of 100 (discounts for larger orders)**

## **Total Food Counter For Healthy Living Guide**

**Item #: ITP-18**

A useful reference guide to more than 800 common foods. Gives calories, total fat, saturated fat, cholesterol, sodium, carbohydrates and fiber for each food, plus key facts about trans fats. All food groups are represented, as well as oils, beverages, frozen meals, desserts and sweets. Also includes: \* U.S. Dietary Guidelines \* My Pyramid Guidelines \* My Pyramid Recommendations \* Daily Calorie Finder \* And more. Personalization not available in quantities 25-99.

**Minimum Order Quantity: 25 \$1.35 each for order of 100**

## **Eating And Exercising For Good Health Handbook**

**Item #: FGT-5**

Help everyone get on track with eating and exercising tips and recorders. They'll learn the basics of Eating Right, How To Use The Food Pyramid, Read Nutrition Labels and much more. Also includes information on Weight Loss, Exercise Basics, Exercises for Strength Training and Stretching and a BMI Chart. Features recorders and logs for Daily Exercise, Walking, Weight Loss and Changing Everyday Habits. Your personalized message reminds everyone that you care. Personalization not available in quantities 25-99

**Minimum Order Quantity: 25 \$1.79 each for order of 100**

**Food Guide Pyramid tear pads**, Meat Nutrient Facts, Twenty-nine Ways to Love Lean Beef, Beef recipes tear pads; National Cattlemen's Beef Association: 1-800-368-3138 [www.beefnutrition.com](http://www.beefnutrition.com)

**Plate Method Guides & Menus Ideas:** \$1.50 per sheet or 100 pack for \$1.10 per sheet. [www.platemethod.com](http://www.platemethod.com)

**Portion Size Posters & other nutrition posters:** Nutrition & Healthy Living: [www.learningzonexpress.com](http://www.learningzonexpress.com)

**Nutrition Fact Sheets:** American Dietetic Association: [www.eatright.org](http://www.eatright.org)

**Client Tracking Folders for TSFL & Marketing Tear Pads:** [www.JohnsToolBox.com](http://www.JohnsToolBox.com)

**Health News Newspapers** for Soy Based Product Weight Loss: Health News: [www.healthnewsweb.com](http://www.healthnewsweb.com)

**Take Shape for Life Marketing Materials:** [www.tsfl.com](http://www.tsfl.com)