

Want a simple and easy way to help you lose weight?

Studies have shown that those people who record their daily food intakes are more likely to lose weight. Recording daily food intakes is a simple and yet powerful tool to assist in weight loss by making you more aware of *what, when* and *how much* you are actually eating.

....So what are you waiting for?!

Try www.Nutriinfo.com for
One week Free—No obligations!

Log onto www.Nutriinfo.com and use ACTIVATION CODE: FN380 to start losing weight today!

Once you have created an account and start logging your intake, Powerhouse's own Registered Dietitian, Maria Michaux RD, LD/N will review your entries and send tips/suggestions for a positive healthy change 😊

For questions/comments email me @ myfoodcoach@hotmail.com or call me @ 716-812-1964.

*Offer Ends November 18th, 2008

Powerhouse Gym



Please Contact:

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