

Live a LEAN Lifestyle

Live **LIFE**; Live **ENRICHED**; Live **ACTIVELY**; Live **NOURISHED**



www.liveleanlifestyle.com

Paula—970-456-7895

Cindy—970-274-8865

NUTRITION

In just 5 months in the LEAN program, you will receive weekly group support and education broken up into 2 phases. In phase one, you will learn the basics. Phase two uses your foundational knowledge of what to eat and teaches you when and how to eat it for energy and vitality galore! You will be able to see and feel the changes when you make them consistently!

EXERCISE

Each participant will be given a cardio and strength training workout each week created by a personal trainer, with weekly accountability.

LIVE LIFE!

We guarantee that you will come away with a healthier lifestyle (way of living) and a fresh, new attitude about life because you will see and feel the positive results of feeding and working your body like it craves! You've got a lot of living to do, and a lot to live for...let us help you do it to the best of your ability!

MEET YOUR GOALS!

Whatever your desire: **WEIGHT LOSS, BETTER OVERALL HEALTH, LOWER CHOLESTEROL OR BLOOD PRESSURE, LOWER STRESS LEVELS** or **IMPROVED SKIN**, this class is for you! We can help you meet your goals!

PHASE 1:

- Traffic Light Eating
- Know the 'no's'
- Drink yourself healthy
- Fruits and Veggies
- Organic vs. Regular
- Carbohydrates and Fiber
- Protein and Dairy
- Fats
- Grocery Store Field Trip
- Recipes
- Portion Control
- Goals/Journaling
- Accountability

PHASE 2:

- Cleanses
- Glycemic Index/Blood Sugar/Insulin
- Planning
- Eating Out
- Exercise
- Stress
- Mentality
- Vitamins
- Listening To Your Body
- Allergies
- Inflammation
- Keep Making Good Decisions

TESTIMONIALS

“Such an amazing class and awesome experience to have personal guidance through the confusing food world.” -Kelly

“This has changed the way I think and eat and that will help me the rest of my life.” -Brittany

“This class helped me realize how bad I ate and how easy it is to eat right.” -Marla

“I feel healthier, not only physically but mentally as well!” -Alicia

“I am losing inches and I have more energy and feeling better throughout each day.” -Stephanie

“I have to say again how much I have enjoyed this class --it is just what I was looking for to learn about nutrition and ways that I can continue be healthy. I have lost 10 pounds so far.” -Judy

MEET THE WELLNESS EDUCATORS

Cindy Abts has been a Dr. Sears certified LEAN Coach since March of 2009, but her passion for teaching the LEAN lifestyle began many years prior. She is an athlete and developed a love of sport and exercise in high school. Cindy continued on the path earning her Bachelors from Colorado State University in Health and Exercise Science with a concentration in teaching. When she finished her degree she received her K-12 certification for the state of Colorado to teach PE and Health. She came to Rifle in 2001 and taught high school

PE and Health for four years while earning her Master's in Educational Leadership and coaching Track and Volleyball. After her first son was born in 2006 she furthered her passion for nutrition and exercise while teaching step aerobics and kickboxing classes as well as working closely with holistic nutritionists to make positive changes in her own lifestyle. Her passion and desire is to educate others about how to care for their bodies to live long and live well, and she knows first hand just how important healthy decisions are for

optimal health and body composition.

Paula Black has been involved in fitness her entire life. She graduated from Mankato State University with an Associate of Arts degree. She is currently a certified personal fitness trainer with the National Federation of Trainers since November of 2008. She also holds certification in Silver Sneakers, Yoga Stretch, and Muscular Strength and Range of Movement, and has recently received her Yoga Fit Level One training certificate. Paula has taught children ages

3-18 advanced gymnastics skills and coached high school and middle school gymnastics. She has also taught and coached children and adults in tennis. Her passion is helping others, young and old, see their potential in life through exercise and nutrition. She believes that exercise and yoga allows people to discover and express their inner joy, strength and fire. Having two college aged children, Paula understands the significance of educating children about the importance of making healthy choices, and preparing them for their life journey ahead.