

Twist Blog Post

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**Title:** 12 Week Nutrition Journey to Optimal Health

**Teaser (25-40 words):** The New Year is the perfect time to challenge yourself to reboot your nutrition and lifestyle habits. Join me on a unique 12 week journey to establish and implement healthy lifestyle habits and dietary practices...(Learn more)

**Content:**

As you kickoff a New Year, it is the perfect time to challenge yourself to reboot your nutrition and lifestyle habits for 2016.

Join me on a unique 12 week Nutrition Journey designed to help you implement and establish healthy lifestyle habits and dietary practices in your life. We want to help you reach your nutrition, wellness and fitness goals and help you live your life optimally. It takes 14-21 days to set a new habit. Making full scale changes and going cold turkey on anything is difficult and a shock to the system. Our goal is to incorporate small changes each week which will result in more significant, long-lasting lifestyle habits as the 12 weeks progress.

12 Week Journey to Optimal Health

- Lay the foundation for lasting change
- Increase your energy
- Reduce Fatigue
- Reduce Cravings
- Establish Healthy Daily Habits
- Improve Digestion
- Manage Your Stress Levels
- Discover Healthy, Performance Enhancing Foods
- Transform Your Relationship with Food

We want to build a community of like-minded, motivated friends to help keep each other accountable, focused, motivated, and inspired.

Each week there will be a new challenge sent out to the group along with my guidance, support and encouragement. At the end of the program we'll get together with a wrap up "party" to discuss successes, challenges, questions and what's next.

Your investment in this journey is only \$75, your commitment to the process and to yourself. The journey begins January 11, 2016 and will run for 12 weeks. I promise this 12 weeks will change your life!

CONTACT ME to register or for more details.

Thanks,  
TINA