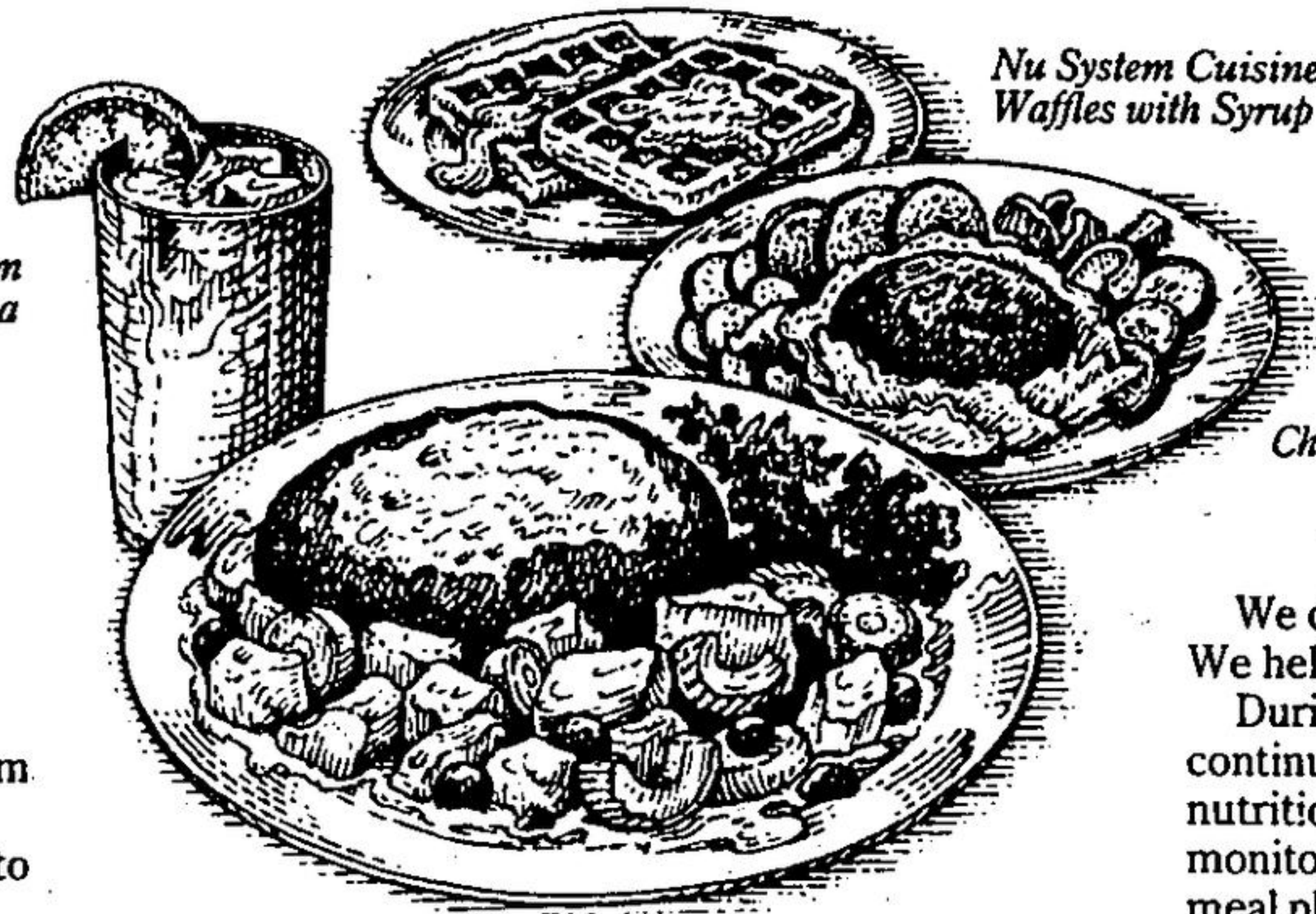


Nutri/System Succeeds with 1,500 Weight Loss Centres.



Nutri/System Diet Iced Tea

Nu System Cuisine Waffles with Syrup

Chili with Beans and Nutri Crisps

Beef Pot Roast with Vegetables

We're on the move. We're growing every day, and we're very proud of our 1,475th Nutri/System™ Weight Loss Centre.

We opened our first centre eighteen years ago. Today there are Nutri/System Weight Loss Centres internationally. Every week, over 160,000 people look to us for weight loss success.

Nutri/System is growing fast, with nine new centres opening every week.

The reason for our outstanding success is simple: Our comprehensive program works. It consists of personalized counselling and support, delicious, low-calorie meals, light activity and a maintenance plan to help you keep the weight off.



Nutrition and Behaviour Counselling.

Losing weight isn't easy, so our Nutri/System Nutritional Specialists and Behaviour Breakthrough™ Counsellors provide encouragement and support. They help you set your weight loss goals and help you understand your weight loss problems. From our exclusive

**In a study conducted at Harvard University and Boston University, Nutri/System clients lost 25% more weight with increased supervised physical activity than another group without activity.

Personalized Weight Loss Profile™ questionnaire, counsellors identify bad eating habits and help you learn healthy new ones.

Delicious Low-Calorie Meals
 Our low-calorie Nu System Cuisine foods are so delicious and high in flavour and texture you'll never have the urge to cheat.

Our nutritionally-balanced Flavour Set-Point™ Meal Plan consists of three meals a day and three snacks. Scrumptious dishes like Beef Stroganoff with Fettucini, Pizza, and Hawaiian Style Chicken with Rice. And tempting desserts like Fudge Cupcakes and Chocolate/Vanilla dessert wafers. All are quick and convenient to prepare. And for snack time, we have high-flavour snacks like Nacho Flavour Crisps and Fruit Flavour Chews.

Light Activity
 Our new Body Breakthrough™ Activity Plan is the first activity plan designed exclusively for people losing weight. It's a three-part program that helps you lose up to 75% more weight by being more active.**



Weight Maintenance
 We don't just help you take weight off. We help you keep it off.

During our maintenance phase, you'll continue to receive counselling, nutritional guidance and weight and health monitoring as you return to a routine of meal planning and supermarket shopping.

With the support of Nutri/System professionals, you will begin your healthy new life confident of permanent weight control

Your first step comes with a call to the Nutri/System Centre.

Don't Wait, Call Today!



"Losing weight helped bring out the bubbly, outgoing person that was locked inside me. I can't thank the Nutri/System counselors enough. They really reached out to me — with understanding and support. Now, everything's bright and new. My career's on the move. I'm wearing the latest fashions. I'm finally the me I want to be."

Sonia Reese

Our client, Sonia Reese, lost 70 lbs.

We Succeed Where Diets Fail You.®

3 WEEKS FOR ONLY \$79⁰⁰*

290 Guelph St.
 Georgetown

CALL NOW AND BEGIN TO LOSE

873-1900

Georgetown
 Market Place

*Special offer consists of 3 weeks of Nutri/System services does not include cost of exclusive Nutri/System food diaries, maintenance and videos. Offer valid at participating centres.