

NUTRI/SYSTEM[®] WORKS

Because It's The Most Comprehensive and Successful Weight-Loss Program in The World.

NUTRI/SYSTEM WORKS because our program takes an overall view of the concerns facing overweight, and obese people. Controlling your weight and achieving weight loss involves a lot more than merely how much or how little food you eat.

Effective weight loss means altering your lifestyle and your attitudes about food. It means caloric reduction, professional counselling, behaviour education, motivation, individual support and light exercise.

NUTRI/SYSTEM WORKS because it addresses all of these things... and more! Our extensive program is tailored directly to each client's individual needs... totally personalized to deal with your own weight problems.

NUTRI/SYSTEM WORKS because our widely accepted program is based on a nutritionally-balanced, calorie-controlled meal plan that is carefully designed by nutritional experts. So you get to eat and enjoy **REAL FOOD** in common sense quantities.

NUTRI/SYSTEM WORKS because it doesn't

go overboard. Our program is anything but radical. It works because weight loss is gradual, manageable and safe.

And it works without the hassle of weighing and measuring every portion of food you eat.

NUTRI/SYSTEM WORKS because countless physicians across the country recommend our program to their patients, and many actually join and enjoy the same success as their patients.

NUTRI/SYSTEM WORKS because we don't let you go it alone. We're there to give you all the motivational support you need to help you achieve and maintain your weight-loss goals.

NUTRI/SYSTEM WORKS because you tell us it works. In 19 years, an incredible number of clients have told us how delighted they are with the results they've achieved on our program. And over a million new clients will benefit from the Nutri/System program this year alone.

Why are there so many success stories with our program? Simply because

NUTRI/SYSTEM WORKS.



SAVE 50%*

CALL TODAY FOR A FREE NO-OBLIGATION CONSULTATION

878-4117

465 Main St., E., Milton — Across from Milton Mall

* Does not include cost of exclusive NutriSystem food. Offer valid at participating centres. New clients only.