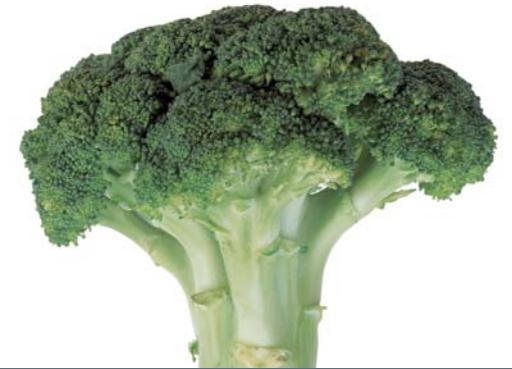


# Nutrition Program



This Nutrition and Weight Loss program can be tailored to your individual food preferences and nutritional needs. This program features tips and information on understanding the nutritional content of different foods and interactive tools to help you develop healthy eating plans.

#### Program features include:

- Meal Planner/Tracker: Create your own meal plan from a comprehensive list of choices, plus daily meal suggestions
- Body Mass Index Calculator
- Healthy Weight Calculator
- Calcium Calculator
- Calories Burned Calculator: Provides calories burned by individual exercise
- Fast Food Choices: Provides menu information from seven popular fast-food restaurants
- Food Journal: Helps you record and track your food “triggers” or temptations
- Motivational Support: Helps you achieve your goals
- Progress Updates: Helps keep you going

