



Weight Loss Program



This program is tailored to your current nutritional habits and general health. You'll begin with a staged approach to learn about proper nutrition and how to plan healthy meals. This program features five levels. Plus, you'll receive personalized nutrition information and access to additional interactive tools to help keep you eating right.

Program features include:

- Exercise Planner/Tracker: Create your own personal exercise routine from over 95 exercises, plus strength training
- Meal Planner/Tracker: Create your own meal plan from a comprehensive list of choices, plus daily meal suggestions
- Weight Tracker: Record your progress over time
- Set A Target Weight: Helps you determine your target weight
- Body Mass Index Calculator
- Calories Burned Calculator: Provides calories burned information for specific exercises
- 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
- Information on the dangers of being overweight and the importance of healthy eating