

# Join the Diet Center to make your own story of success

*The counselors at The Diet Center of Winston-Salem can help clients find the best program to suit your lifestyle*

Almost everybody makes New Year's resolutions with the intention of making positive changes in their lives. Many of those resolutions have to do with weight loss. But, fitness goals can go unmet without a solid weight-loss plan and the support of people who are on the same page — especially people who have already achieved personal success.

The Diet Center of Winston-Salem can help you become the person you want to be in the new year. Their clients are everyday people — just like you — who are not satisfied with the way they look and want to do something about it.

How did ordinary people achieve this kind of remarkable success? By using a diet designed exclusively

for them using computer analysis and one-on-one counseling. The Diet Center offers three easy to follow programs, because different people lose best with different plans.

The Diet Center of Winston-Salem realizes that every client is an individual with different goals, lifestyles and needs. That's

why they work with each person to determine their end goals, then organize a program based on healthy eating, complete nutrition, behavior management and exercise specifically suited to them.

To be effective, weight loss has to include changed eating habits, setting reasonable goals, an exercise program and a positive attitude.

Beth Buresh used the Instant Shape-Up plan and says, "The plan was so easy for me to follow because I always felt satisfied. Plus, the results were fast." She added, "The counselors are very helpful and supportive."

The Diet Center counselors are fully trained — and personally experienced — in providing the knowledge and support necessary to help make these

changes in your life.

So, no more excuses. You'll lose pounds and inches with the Diet Center program of your choice and the help of their supportive counselors. Give them a call to schedule your free, no-obligation consultation at 336-760-0433. Diet Center is at 511 Shepherd St. in the Executive Park area.

**Help us celebrate the start of our 24th year in Winston-Salem. Call 760-0433 through Jan. 31 and get 24% off!**



Three teachers from Forsyth Country Day School, Barbara Berube (from left) lost 50 lbs and 63 inches, Pam Fulton lost 20 lbs and 28 inches, Janet Lawson lost 25 lbs and 38 inches.



Mary Hales, RN at WFUBMC (left) lost 21 pounds and 44 inches with the help of the Diet Center. Hales joined the Diet Center with the encouragement of her daughter, Camilla Helton, P.A., Winston-Salem Cardiology Association, who lost ten pounds.