

Diet Center's NEWEST Program will turn up the heat on your weight loss



BEFORE

Diet Center client Ann Swaim of Advance has lost 45 pounds, 66 inches and 10% body fat.



NOW

Almost everyone makes fitness-related New Year's resolutions, but these goals can go unmet without a solid weight-loss plan and the support of 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 people just like you who are not satisfied with the way they look and want to do something about it.

To be effective, weight loss has to include changed eating habits, setting reasonable goals, an exercise program and a positive attitude. The Diet Center realizes that each person has unique goals, lifestyles and needs. That's why they work with each client to individually tailor a program based on healthy eating, complete nutrition, behavior management and exercise.

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 at 336-760-0433 to schedule your free, no obligation consultation.

Celebrate the new year with a new program and special 6-week program price.

Call 760-0433 now for details!