

Friends tell Friends about Diet Center

You can lose 10 pounds before July 4



L to R, Kena Bowman, Tracie Everhardt and Camilla Helton together lost over 50 pounds with the help of Diet Center!

Yes, there is still time to get ready for summer. All it takes is a phone call to the Diet Center of Winston-Salem. You can choose a plan that is right for you and get started today with a friend or with a friendly Diet Center counselor.

Camilla Helton made that phone call to Diet Center eight years ago after the birth of her daughter Emma. "I was miserable carrying that extra baby fat and realized I needed help," said Camilla. "I reached my goal because of the healthy well-balanced program and the counselor's knowledge, guidance and encouragement."

Helton encouraged her friend Kena Bowman to make that call to Diet Center last spring. Kena chose Diet Center's newest plan Diet Fast. "The program was simple to follow. I feel much better about myself, not to mention how much more energy I have since losing over 20 pounds," said Kena. "And the best part is wearing clothes two sizes smaller!"

Kena being thrilled with her success told her friend Tracie Everhardt to call Diet Center for help last October. Tracie had gained weight over the past year and was not able to lose it on her own. "I lost over 12 pounds and 20 inches by following the Diet Fast plan," said Tracie. "The counselors were with me every step of the way checking my progress not only on the scale but also my body fat analysis. They made sure I was losing fat and not lean muscle mass, which is why I lost 4.5% body fat and so many inches!"

To find out more about Diet Center's approach to weight loss, Call 336.760.0433 to schedule your free consultation. Look for ad on this page.