



CHOICES Details and Pricing:

12 Week Program includes:

- *12 weeks of clinically supervised weight loss*
- *4 body fat and metabolism measurements*
- *3 monthly weight loss seminars*
- *\$50.00 weight loss supplement credit*
- *Financial incentives*
- *And More!*

Normal Pricing:

- *12 weeks for \$499*
- *24 weeks for \$899*

New Program Discount:

(Limited to the first 15 patients)

- **12 weeks for \$299**

The Choices Program Difference:

With literally hundreds of diet and weight management programs on the market, how does one choose the program that is best suited for them?

The answer is they shouldn't have to. Everyone is unique. We all have unique likes, dislikes, schedules, demands on time, and goals.

Choices takes all of this into account and allows you choose what works for your unique situation.

Weight loss is unbelievably easy when you are excited about the process. Get excited about a new you with the CHOICES program.



2022 45th St.
Highland, IN 46322
219-227-4033

www.paunwellness.com

“Choices” - Clinically Supervised Weight Loss



*Your CHOICES,
your SUCCESS!!*

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Choices...



The *Choices* program was designed using cutting edge research on preventative health care and weight management. The *Choices* Program incorporates the latest in exercise and nutrition research to combat obesity - which is now the second leading cause of death in the United States!

Additionally, research suggests that motivating factors such as financial incentives, phone calls and emails increase your chances at success. For this reason, these tools are incorporated into the *Choices* Program.

Motivation...

Is weight loss as simple as energy output exceeding energy taken in? Yes and no... It all depends on what your body does with the fuel. Our metabolism is like an engine, we put in energy in one form (food), and it supplies us with energy in another (movement, heat, etc.) The difference, in this instance, is that we want our body's engine to be *inefficient!* That means more energy (food) is used in our "furnace" to supply our bodies with the energy needed to maintain daily activity. That translates to the ability to eat more without putting on weight... and that is the goal of *Choices*.



Success...

The *Choices* program will transform your body. The goal isn't weight loss, that's just a byproduct. The goal is a total transformation in the composition of your body, a shift toward increased lean muscle mass. Unlike the 'diets' you have tried in the past, the *Choices* program is not restrictive and instead teaches you simple and attainable lifestyle changes that will lead to notable and sustainable reductions in weight and improvements in health. Our state-of-the-art Bioimpedance Analysis machine will enable us to track this transformation from visit to visit, allowing you to watch as your metabolism is transformed and your health is restored.

Ready to commit?

Contact **Paun Family Wellness** for a **free consultation!**