

# Transitions Lifestyle System™

Presented By Gainesville Physical Therapy & Wellness



- *Are you ready for a lifetime of successful weight management?*
- *Are you tired of counting calories or points?*
- *Do you need assistance with your exercise routine from a licensed physical therapist?*

Gainesville Physical Therapy & Wellness is pleased to offer a comprehensive, low glycemic index-based weight management program—Transitions Lifestyle System™, which, unlike diets, is designed for a LIFETIME of successful weight management. The initial program is 12 weeks; however, those participants who wish to continue with the group and are continuing to lose weight are welcome to continue on at no extra charge.

The focus of the group is not just weight loss and loss of inches around the waist, but rather changing the individual's lifestyle in how they view and choose the food they eat. The participants are not asked to count calories, or points, but rather taught how to choose low glycemic foods; what makes up a balanced diet and much more. Another area that makes our group different is that a licensed physical therapist is involved in the process. This ensures that as the participants become more active with exercise they are performing safe activities that will be beneficial and decrease the likelihood of injuries.

The cost of the program is \$350.00 which includes all the supplies and support needed to get started. For an additional \$240.00, participants can participate in a one-hour exercise session twice a week throughout the 12 weeks. This is highly recommended if the participant is not likely to exercise on their own.



**Are you ready for a change? Call today for more information!**

**352-376-6300**

[www.nutrametrix.com/GainesvillePTandWellness](http://www.nutrametrix.com/GainesvillePTandWellness)

**Gainesville Physical Therapy & Wellness**  
"Where People Matter and Results Count"

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