



Congratulations!

You have taken the most important step toward your own, unique healthy lifestyle. Our **Executive Weight-Management Courses** are designed to help you achieve your goals in the most **effective, time-efficient** manner possible. Here's how.

Together, we'll incorporate the **3Ps**:

- 1.) **Proper Nutrition**
- 2.) **Productive Therapeutic Exercise**
- 3.) **Positive Motivation**

Plus, you'll receive a **Personalized Nutrition Plan** based on your specific characteristics including age, gender, body attributes, and goals.

New! All Smart Moves courses include:

Smart Moves Success Journal- Exclusive tracking log to monitor your own exercise and nutritional intake written by David Dansereau. **My-Nutriton-Coach** online meal planner **Nutrition ReportCard Review** (optional) for those who wish to take advantage of our professional staff to get your questions answered about the supplements you may be taking or considering adding to your diet.

Most importantly, we have designed several different curriculums. This way you can determine the best course based on your budget, schedule and desired level of fitness.

Let's get started!



Executive Smart Moves Weight Management Courses

Courses designed and offered by:
David P Dansereau,MS,PT,RD*

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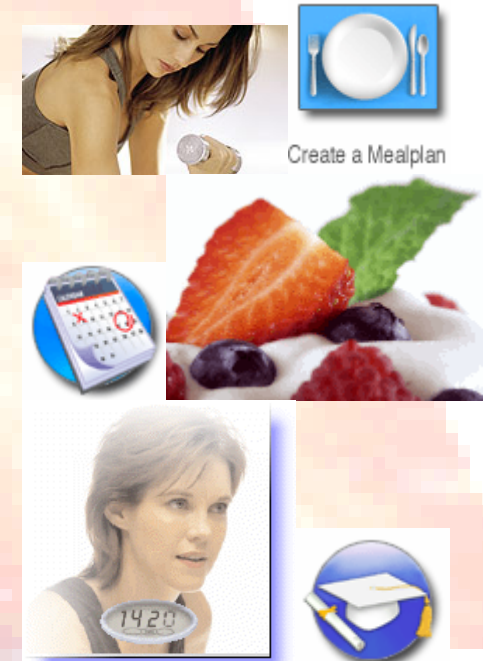
*Licensed Physical Therapist (PT) and former
Registered Dietitian (RD) for 17 years

Call or register for a course online



PAYMENT PLANS AVAILABLE ON ALL COURSES

*A Personalized Course
Just for You*



Create a Mealplan

Executive Smart Moves Weight Management Courses

Metabolic Rate Testing



This simple breathe test can tell you a great deal about your body's own unique physiology. We'll measure your resting metabolic rate (RMR) for you accurately in under 10 minutes. We use this measurement to provide the basis for developing personalized nutrition and fitness programs.

Test Options:

RMR test and nutrition profile \$159
Stand alone RMR quick result \$99

4-Week Quick-Start Package

Package Fee: \$229

The **4-Week Quick-Start** is a short fast track education. It's also one of our most popular courses. It begins with an **initial nutrition history and evaluation**. Based on those results and factors including **your resting metabolic rate, eating habits, lifestyle and gender**, we develop a **personalized nutrition profile** and eating plan goals designed just for you through our online meal planner. Then, we teach you how to use our exclusive Ultimate **Meal Plan Project™** that allows you to select all the **foods you love to eat and instantly builds custom meal templates**-specific to your personalized nutrition goals.

Are you ready to get started?

The 4-Week Quick-Start Course includes:

- 1 - Nutrition Profile and resting metabolic rate test
- 1 - One-on-one follow-up counseling session
- 2 - Body-fat / target goal weight measurements
- 1 - Month Full Access to My-Nutrition-Coach.com*
- 1- Smart Moves 7-Day Nutrition Action Guide ebook
- 1 - Smart Moves Exercise Program download
- 25% discount off our Smart Moves Success Journal
- 25% discount off My-Nutrition-Coach** annual plan

*Online Meal Planning Subscription Service

Bronze Level Course (12 weeks)

Course Fee \$595

You used to exercise, but it's been a few years. And now, all the equipment looks so different. **Well, it is different.** Exercise and nutrition technology have made tremendous advances in just the past several years. The **Bronze Level Course** combines **state-of-the-art nutritional design with our online meal planner** along with **private instruction** to provide the most time efficient and cost-effective fitness / weight-management **coaching** course available. Your health professional works with you and updates your program once a month to ensure success with your fitness and weight-management goals.

The Bronze Level Course includes:

- 1 - Nutrition Profile and resting metabolic rate test
- 1 - PT * Fitness Evaluation and postural screening
- 3 - One-on-one nutrition counseling sessions
- 3 - Body-fat / target goal weight measurements
- 3 - Month Full Access to My-Nutrition-Coach.com**
- 1 - Smart Moves 7-Day Nutrition Action Guide ebook
- 3 - Smart Moves Exercise Program downloads
- 1 - Smart Moves Success Journal-print edition
- 1 - Online Nutrition Learning Center Full Access
- 1 - Nutrition Minute video ezine subscription

Silver Level Course (12 weeks)

Course Fee \$895

In addition to your twice per month personalized nutrition counseling sessions, the **Silver Level Course** adds 2 hands on appointments with a PT. With this option the Silver Level Course goes into further detail about **therapeutic exercise technique, kinesiology and exercise physiology**. You'll learn everything from hand placement to special core muscle warm-up routines and postural exercises prescribed from your **PT evaluation** to enhance your muscle balance and improve your workouts.

The Silver Course includes everything described in the bronze course plus:

- 3 - Additional one-on-one nutrition sessions
- 2 - Private Therapeutic Exercise sessions
- 3 - Month Access to our Ther- Ex member site

Gold Level Course (12 weeks)

Course Fee \$1595

You've made up your mind. You plan to go for it all! The **Gold Level Course** is a no-nonsense, hands-on approach to achieving your weight-management goals. It is designed to ensure your commitment level stays strong in order to reach your personal success. You will meet with your nutrition coach once a week. You will also work with a PT once every other week for 1 month and once per month for the second and third months (4 sessions). It is your own private weight management and fitness camp. This curriculum of consistent coaching is a **one-way ticket to success!**

The Gold Level Course includes everything described in the bronze and silver courses plus:

- 5 - Additional one-on-one nutrition sessions (11 total)
- 2- Additional Private Therapeutic Exercise sessions
- 3 - Month Access to our Ther- Ex member site
- 3 - Month Custom Designed Workout Calendar
- 1- Smart Moves Weight Training 101 ebook
- 1 - Online nutrition/weight management course
- Unlimited phone/internet support

Course Prerequisites:

We simply ask for your **commitment**.

We take our support of you very seriously. In fact, empowering you through **education, motivation and inspiration** is our number one priority. That is why we offer an extraordinary level of support and why we have limited available openings for our courses.

Results:

Just look at the results. Our clients change more than their weight (body-composition) and physical attributes. Through the knowledge they gain, they adopt a whole new lifestyle... filled with positive energy, positive self-esteem and a forward outlook. Read about our client makeovers online at my-nutrition-coach.com

Let's get started together! **(401) 632-0868**

PAYMENT PLANS AVAILABLE ON ALL COACHING COURSES