



LOG ON & TAKE OFF those extra pounds

With Eat Smart, Move More, Weigh Less.

Pick up real-world skills to manage your weight, spark healthier habits and feel your best by joining the Eat Smart, Move More, Weigh Less online program.

It's convenient...

- Choose the class time that fits your schedule — lunchtime, late afternoons or evenings
- Access the program from your computer, smartphone or tablet

It's interactive...

- Learn from passionate instructors who are registered dietitians — and get personal feedback from them in-between the weekly classes
- Bond with your virtual classmates as you encourage each another along the way

It's powerful...

- Built around proven strategies, such as mindful eating and physical activity
- Participants lost an average of 8 pounds — and 70 percent maintained or lost more weight six months after the program ended¹

It's easy to enroll!

Visit:

www.esmmweighless.com

Enter Coupon Code*:

GNC2021



* Use this coupon code to waive the \$245 registration fee. This will keep you motivated and help you stay accountable.

¹ Dunn, Carolyn, et al. "Using synchronous distance-education technology to deliver a weight management intervention." *Journal of nutrition education and behavior* 49.6 (2014): 602-609.

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