



# Weigh of Life

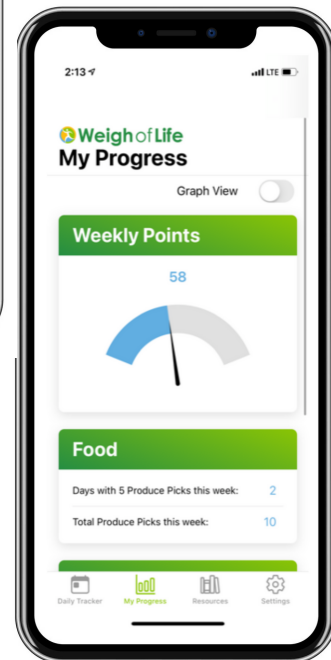
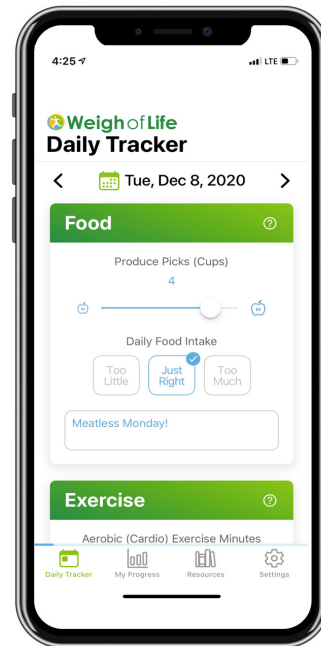
## Evidence-Based Weight Management

### Not another fad diet.

Weigh of Life is a 12-week weight management and lifestyle program developed by registered dietitians. This program provides the resources and support for a safe and sustainable journey towards good health.

### Designed to promote healthy habits.

- Accountability through daily nutrition and exercise tracking.
- Education on nutrition, exercise, and stress management through videos and handouts.
- Weekly challenges that put lifestyle changes into action.
- Personalized support from registered dietitians, health coaches, and exercise specialists.
- Available as an iPhone or Android App.



*"This is not a weight loss program. This is a healthy lifestyle program. This program began at a turning point in my life and I truly don't think I would be as healthy as I am today without it".*

- 2020 Weigh of Life Participant



CALL TODAY FOR MORE INFORMATION  
**216-378-0888**

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