



NuBody Solutions Launches Spring Fitness Campaign

February 21, 2017

February 21, 2017 - PRESSADVANTAGE -

NuBody Solutions offers a proven standard weight loss and management program. The facility also offers a FassTrak Healthy Weight Loss Program.

Greensboro NC: NuBody Solutions is pleased to announce the implementation of their new Spring 2017 programs. There are programs designed to help new customers looking to get fit for Spring and beyond. The programs are focused on weight loss, as well as on body fitness. The procedures which are followed are designed to assist in losing weight in a way that is both fast and healthy. Participants eat real foods and learn to make appropriate food choices.

Greensboro weight loss program helps participants to lose weight in a healthy way. They eat regular food. The FassTrak healthy weight loss program enables participants to look and feel their best. The professionals ensure that their clients have the bodily fuel necessary to feel great. They can commit to six, ten or twelve weeks in the program, depending upon the weight loss goals. Programs start for as little as one dollar per day, depending upon the budget and weight loss goals.

A representative of the program explained to an interviewer, "Our programs are all inclusive. They include all the products you need for success. Our weight loss program is NOT a diet. It is a healthy lifestyle change that is easy to follow. You will be able to enjoy your busy, "normal" life. You won't buy prepackaged entrees, but instead can eat fresh grocery store bought foods, dine at any restaurant, and enjoy almost any foods you desire in moderation. Our program does not require that you count calories, track food points, or weigh your foods."

The NuBody weight loss program starts with a weight loss nutrition plan developed by Jan Johnson RD, LDN, which enables weight loss averaging 2-7 lbs per week depending on the person's weight and weight loss goals. Throughout the program, the staff at NuBody motivates and encourages by providing weekly tips, and suggestions, as well as ongoing emotional support to help make the behavioral modifications necessary to stick to the plan and make it a new lifestyle.

For more information, visit <http://nubodysolutions.com/WeightLossProgram.html>.

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