

# *I Lost 83 Pounds!*



**Before**



**After**

"I have lost 83 pounds on the New Leaf Weight Loss Program at Healthways. I have amazed myself! I didn't know I could actually lose weight and that I could be this physically active and strong. I found I am very competitive and love to be challenged. I have also found that I can be an example to others as well as a motivator.

This program differs from others I've tried in that it uses science as its' base and it is realistic enough to be a guide for life. I received great support, very good feedback and the trainers are knowledgeable. I feel good doing it and I enjoy the one on one coaching. I like Healthways because of its non-intimidating environment and its friendly and helpful fitness staff.

I would recommend this program to others because it is sensible and it works! It makes you feel great physically and mentally. You will amaze yourself!"

Ann Scott  
Bismarck

## ***Healthways New Leaf Weight Loss Program.***

***Call Us Today at 258-8553***



1033 Basin Ave.  
Bismarck, ND  
[www.healthways.cc](http://www.healthways.cc)