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## YOUR PERSONAL NUTRITION PLAN

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### Your Personal Nutrition Plan

The successful formula for good health, as well as weight management, includes regular exercise and eating habits based on a high carbohydrate, low fat diet. That's what this plan is all about.

This self-guided brochure is designed to assist you in learning *why* regular exercise and eating habits are required and more importantly, *how* to make these habits a permanent part of your lifestyle.

Can you imagine yourself...

- Feeling good about your health and well-being?
- Exercising a minimum of three hours a week?
- Eating frequent meals and snacks throughout the day?
- Eating high carbohydrate, low fat foods?
- Having constant energy?
- Reducing your body fat?
- Reducing your risk of heart disease and cancer?

...if so, this brochure can help you make it all a reality. Read on.

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Clinic Nurse **510-643-7197** for advice