



Change your eating habits with interactive *visual* training...

All you have to do is....

Choose your calorie & diet goals.

Build a variety of training meals and daily menus.

Record and track your physical activity.

Optional:
Use meals saved in your personal meal library for real-life meal planning.



DietFit training helps you...

Eat only what your body needs

Lose weight permanently

Lower your cholesterol

Manage diabetes

Reduce disease risks

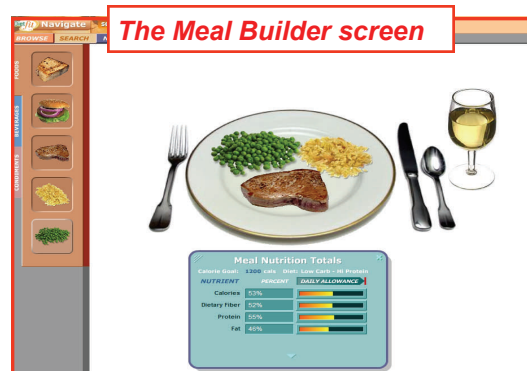
Feel fit for life



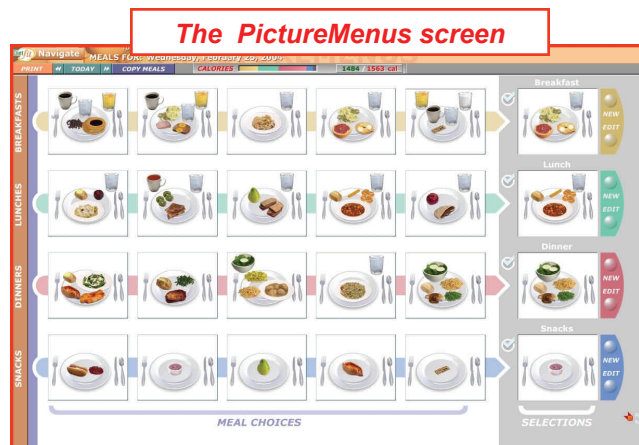
Building training meals and choosing sample daily menus is easy...

- I. **Start DietFit** by using the **MealBuilder** program to build a personal library of training meals, fine-tuning them to match your diet and health goals.

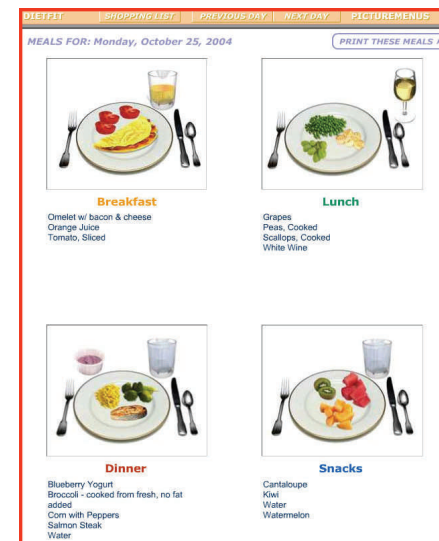
Add foods to the plate. Instantly see the impact of different food choices and portion sizes on your daily needs. Save meals in your meal library.



- II. Then **choose and combine** meals from your meal library using **PictureMenus**. Observe total calories; adjust if necessary. Print them out.



- III. Here is a typical print out of a daily menu designed to match personal calorie needs.



DietFit training works because..

- ◆ You learn to recognize the relative impact of food choices and portion sizes on your daily calorie and nutrition goals.
- ◆ You learn to visualize what your daily food intake looks like.
- ◆ You learn to integrate physical activity into your healthy lifestyle.
- ◆ You have access to essential health tools and an extensive library of diet and health information.

And it's not expensive...

- DietFit membership to consumers is typically \$14.95 /month, or less.
- Bulk memberships are negotiable.

Take a "Quick Tour"

at www.dietfit.com