



Lighten Up!  
LIFE IS BETTER  
WITHOUT DIETING

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Transform the way you live, look and function

**SOUTHPORT MIND-BODY PACKAGE - 20%- 30% savings**  
A fusion of wellness / fitness and nutritional counseling

Sessions comprise of the following:

- Healing through nutrition and movement
- Disease Management \* ( obesity, diabetes, high blood pressure, high cholesterol, CHD)
- Body composition assessment (BMI, BMR; Lean mass VS. Fat Mass)
- Weight Loss and Weight Management
- Stress Management / Meditation training
- Comprehensive Personalized Fitness plan - to include Pilates methodologies ( Mat and Reformer)
- Addressing and transforming negative lifestyle behaviors (related to weight gain and poor physical and mental functioning)
- Nutritional Guidance
- Weigh In's ,start and completion bio- metrics
- **ADAPT LIFE SKILLS THAT TRANSFORM THE WAY YOU LIVE, LOOK AND FUNCTION!**

\*\*Wellness counseling sessions are based on the [M.I.N.D.FUL LIVING MODEL](http://www.bodycentric.net) ©

[www.bodycentric.net](http://www.bodycentric.net)

# SOUTHPORT MIND-BODY PACKAGE

A fusion of wellness / fitness and nutritional counseling

6 week package: 995.00 (per person basis)

- 2 initial consultations with **BodyCentric** and **Lighten Up!** 120 minutes
- 6 wellness / Fitness sessions with **BodyCentric** ( 55 min)- *to include Pilates Methodologies ( mat and reformer)\**
- 6 nutritional sessions with **Lighten Up!**(30 min)
- Personalized Journal
- E-mail support with **BodyCentric** and **Lighten Up!**

12 week package: 1450.00 (per person basis)

- 2 initial consultations with **BodyCentric** and **Lighten Up!** 120 minutes
- 12 wellness / Fitness sessions with **BodyCentric** (55 min.) *to include Pilates Methodologies ( mat and reformer)\**
- 12 nutritional sessions with **Lighten Up!** (30 min.)
- Personalized Journal
- E-mail support with **BodyCentric** and **Lighten Up!**

\*additional fees may apply

Southport Mind and Body

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