



NO MISERABLE
"DIETING" AND NO
RESTRICTIONS FROM
THE FOODS YOU LOVE.

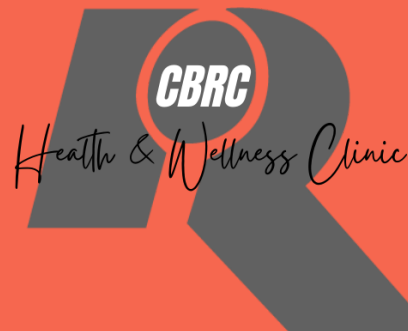


CONTACT US

1776 Terminal Drive
Richland, Wa 99354

(509) 943-8416

morganfewel@my-cbrc.com
www.mycbrc.com



Balanced Habits

28 DAY NUTRITION PROGRAM

Take Control of Your Health
Starting with Nutrition

BEGINS JUNE 4TH



A Holistic Approach to Nutrition

WHAT COMES WITH THE PROGRAM?

Kick Start guided booklet, mobile app, and journal to learn the basics of a macronutrient diet, along with the tools to plan and record your meals so you can gain control of your relationship with food.

Week by week meal plans, grocery lists, recipes and macronutrient food chart to provide you all of the tools to personalize your journey and discover what works best for you.

Personal coaching to provide the guidance and accountability needed for you to stay committed to your goals.

Weekly weigh-ins and journal reviews to track your progress and to learn the key areas where you can improve your health and wellness journey.

COST OF THE PROGRAM

\$199 for all CBRC Members

\$249 for Non-Members

HOW TO JOIN?

Sign up at the front desk or online today!

“ONCE I LEARNED HOW MUCH I COULD EAT AND HOW OFTEN, I SOON LEARNED HOW EASY THIS WOULD BE. THIS PROGRAM HELPED ME LOSE WEIGHT BUT IT TOOK CARE OF MANY OTHER PROBLEMS: I SLEEP BETTER, I THINK BETTER, AND I DON'T CRAVE SUGAR.”

About Balanced Habits

Everybody has some idea of what it means to make healthy eating choices. Unfortunately, there are several misconceptions about what it takes to be lean, healthy and fit. "Eating right" is a term many equate to having to avoid the foods they love, endlessly feeling hungry and possibly even miserable. With Balanced Habits the philosophy is that "there are no bad foods, just bad portion sizes." That creates significant freedom! This program is focused on developing a balanced and practical eating plan that is easily implemented, maintained and supports reaching whatever goals are important to you.

