

QUESTIONS AND ANSWERS ABOUT LIFETURN®

Q: *How can I succeed with LifeTurn® when I've failed with all the other programs?*

A: Most programs fail because they don't teach you how to eat in real life. They urge you to eat their special pre-packaged foods, and drink their special drinks. Some even involve prescription medications and vitamin injections! The pounds come off—until the program ends. This is a convenient short-term solution, but no way to lose the weight and keep it off. This is why LifeTurn® will never sell pre-packaged food, or recommend diet pills. Right from the start, we teach you how to eat correctly and exercise so that when the program is over, you've developed new, healthy habits for a better lifestyle.

Q: *I have diabetes (high blood pressure, high cholesterol). Can LifeTurn® help me?*

A: Yes! Most weight loss plans steer clear of clients with underlying health problems. But LifeTurn® is different. Your meal plan will be prepared by a registered dietitian with over 20 years experience dealing with nutritional needs for people with various health problems.

Q: *What about the emotional support I need?*

A: I know from personal experience the emotional toll of being overweight and the strain it can put on family and other relationships. A healthy lifestyle includes healthy relationships, and that's what we're here for. Our goal with LifeTurn® is to support you physically with healthy meal plans, and emotionally by phone or in-office visits.

Q: *I've finished the program. What do I do now?*

A: This is the first question most people ask when they finish other weight loss programs. But with LifeTurn®, because we did not use any "temporary solution" tools to assist you throughout your weight loss, you'll find yourself saying, "I KNOW what to do now!"

MORE PRAISE FROM LIFETURN® CLIENTS

When I started the LifeTurn® program, my cholesterol was 275. Now my cholesterol is 170. I really feel better about myself and everyone says I look great. Thank you Life Turn®!

-S. Gordon

LifeTurn® has allowed me to change my life for the better!

-S. Vasquez

I'm hypoglycemic and it's nice to be on a plan where I don't feel lightheaded, aggressive, confused, and starving.

-J. Goodwin

Since starting LifeTurn®, my cholesterol has gone down 200 points!

-K. Jones

I have never done anything this easy to lose weight as fast as I have. I have tons of energy and love my new body. The best part was that I was never hungry.

-C. Holmes

I was so excited to find LifeTurn®. I have tried all the fad diets and have always gained the weight back—sometimes double what I had lost. Then I came across LifeTurn® and in my first week I lost 16 pounds. I have now lost a total of 109 pounds. While on the program, I felt great and never hungry. I really enjoyed the personal coaching from the LifeTurn® staff!

-C. Hernandez

BUSINESS HOURS

Monday - Thursday: 10AM - 7PM (or later by appt.)

Friday: 7AM - 3PM

Saturday: By Appointment Only

CONTACT INFORMATION

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3-MONTH TOTAL BODY TRANSFORMATION!

Not long ago, I weighed over 200 pounds. I was depressed, and very unhappy with my body. Then, I made a decision that saved my life—I joined a weight loss program. Although I was successful in reaching my goal weight, throughout the process, I thought about the shortcomings and inconveniences of various weight loss programs, and imagined how I could create a program that would be much friendlier and easier for anyone with a desire to lose weight.



Cheryl Dison - LifeTurn® Founder

WHY "WEIGHT"? LOSE IT NOW!

So many people want to lose weight, but put up all kinds of roadblocks and excuses for not following through:

"I don't know where to start."

"I don't have time right now... I'll do it later."

"I'm impatient. It takes too long."

"It's too expensive."

"It's too complicated to make my own menus."

"I've failed every other diet under the sun."

These are just some of the reasons I created the LifeTurn® Weight Loss Program. I've made it so easy, affordable, and accessible that you have no excuse not to do it. It will change your life.

LIFETURN® IS DIFFERENT

LifeTurn® Weight Loss is like no other program. We're unique in a number of very important ways:

PERSONALIZED MEAL PLANS created especially for you by a registered dietitian with over 20 years experience creating nutritional plans for people just like you. Unlike most programs that use a "one plan fits all" approach, we tailor your weight loss plan and menus to your particular situation. We consider your likes and dislikes, and any health conditions. We can even create



a plan for you if you have heart disease, high cholesterol, or diabetes. You don't have to be frustrated with complicated meal plans anymore. We do the work for you — and *just* for you!

INSTRUCTION AND GUIDANCE to continue the healthy lifestyle you started in the program. Most weight loss plans require you to buy their prepackaged food. This is fine while you're on the plan, but what about afterwards? We teach you how to shop and how to prepare your food—real food that you want to eat! Always know that we are here to answer your questions, provide an attentive ear, or modify your plan.

ONE-ON-ONE ACCOUNTABILITY to guide and encourage you all the way through your weight loss. We understand that it is not an easy journey and are here to give you confidential support whenever you need it. We continuously chart your progress and make adjustments if necessary to ensure that you reach your goal as quickly as possible. Call today for a consultation and discover that we are much more than "just another weight loss program!"



That's me, Cheryl Dison, before I decided to make a life turn. And on the right...that's me too. I lost 70 pounds in just 4 months!

CORPORATE SERVICES

- On-Site Wellness Seminars
- On-Site Group Consultations
- Group Health Analysis Screenings
- Corporate Benefits Package Discounts

I WANT TO HELP YOU

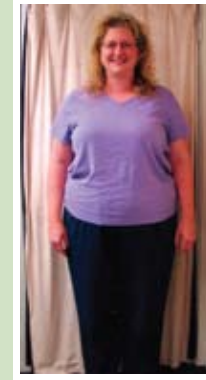
Obesity is widespread among adults and children in our society. It not only increases your risk for heart disease, diabetes, high blood pressure, arthritis, and stroke, but also brings with it emotional pain, relationship problems, and depression. LifeTurn® can improve your health, and the health of your family and relationships.

THE 95% RULE

Fully 95% of weight loss is achieved by changing what and how we eat, and only 5% by exercise. If you're ready to lose that extra weight, we want to be your personal meal trainer. While some exercise is recommended, it is not necessary to reach your weight loss goals. In fact, we have many clients who cannot exercise due to physical restrictions, and still the weight comes off!

So, if you've decided to lose that excess weight, I want to help. I'm a living example of how weight loss can turn your life around. Let us prove to you that LifeTurn® offers the very best results. Please don't wait any longer. Call today for a consultation, and make a LifeTurn®!

REAL-LIFE RESULTS FROM LIFETURN® CLIENTS



Before



After: Lost 122 lbs in 8 months!

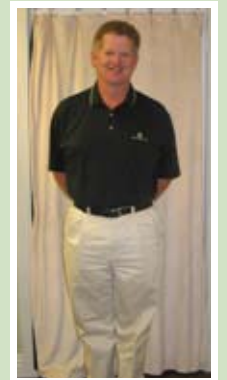
I Love LifeTurn®!

I had been very overweight for years. I thought losing all my excess weight would be impossible until I was given a spark of hope when I started seeing many people at my church losing weight very quickly. I asked them how they achieved such amazing results and each one told me, "LifeTurn®." Since finding LifeTurn®, my life has totally turned in the right direction. I lost 75 pounds in the first 4 months, and a total of 122 pounds in just 8 months! My blood pressure has gone from borderline high to normal and my cholesterol has dropped 92 points. I feel so much better and people tell me I look 15 years younger! It has been a total blessing to find LifeTurn®. The support is outstanding! The food is easy to prepare (no special meals or foods that are hard to prepare). Without LifeTurn®, I still would be 122 pounds heavier, unhappy, and very unhealthy. When people tell me how great I look and that they too wish they could lose weight, I tell them to call LifeTurn®. If you're ready to make a "Life Turn," pick up the phone and make that call. You won't regret it!

-Nancy Sawyer



Before



After: Lost 43 lbs in 4 months!

After going on just about every fad and starvation diet known to man, I was recommended to LifeTurn® by a friend. Not only is it the easiest weight loss program I have ever been on, it really works!

-Dusty Bruce