



Burn Fat Around the Clock & Unlock Your Body's Full Potential **Evolution Fitness Conference**

Join **R.I.P.P.E.D.** and the **Body Confidence** nutrition team, for this 'tell all' lecture on fat burning secrets that will take your body to the next level. Know Why Dieting Fails; Discover the Power of Blood Sugar Stabilization; Implement Your 3 Step System. You won't want to miss this opportunity to meet the team and find out why this program is so successful with top athletes and celebrities around the world.

What is Venice Nutrition?

Venice Nutrition is a science based program that focuses on keeping blood sugar stable. We teach a three step process to educate individuals on how to work nutrition, fitness, and overall health permanently into their lifestyle. The program is centered on personal lifestyle, food choices, and Body Confidence Goals.

Workshop Learning Objectives

- Why Dieting Fails
- The Power of Blood Sugar Stabilization
- Three Factors to Stabilization
- Your Health is a Journey – The 3 Phases
- Your Body Confidence Foundation, Venice Nutrition's 3 Step System
- Know your "Why."
- Develop your Game Plan and the 6 components of health
- Maximizing Your Cardio
- Balance Your quadrant – Health, Lifestyle, Relationships, Profession
- Make Health a permanent part of your Lifestyle
- The Certification process and Venice Nutrition's Health Professional division

Overall Benefits

- Increased Daily Energy
- Reduced Sugar Cravings
- Increased Daily Appetite
- Clothes Feeling Looser
- Decreased Body Fat Percentage
- Decreased Body Weight

How to get more information about our program!

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Visit our website at www.VeniceNutrition.com

Become a fan on facebook, <http://www.facebook.com/VeniceNutritionFanPage>

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