

DO YOU  
WANT TO  
LOSE  
WEIGHT?

ARE YOU  
LOOKING FOR  
A WORKOUT  
PLAN THAT IS  
EASY TO  
FOLLOW?

DO YOU  
WANT TO  
FEEL  
EMPOWERED  
TO MAKE  
HEALTHIER  
LIFESTYLE  
CHOICES?

DO YOU  
WISH YOU  
HAD A  
BETTER  
DIET?

## WHAT ARE YOUR GOALS?

At Glimmer Wellness, we want to help you meet your goals. You are what matters to us. That means, we will find a plan that meets your needs and helps you to work toward the life you want to live.

HAVE YOU  
TRIED TO  
MAKE  
CHANGES  
BEFORE AND  
IT HAS NOT  
WORKED?

DO YOU NEED  
SOMEONE TO  
KEEP YOU  
ACCOUNTABLE  
FOR YOUR  
HEALTH  
JOURNEY  
CHOICES?

DO YOU  
WANT TO BE  
MORE ACTIVE  
BUT DO NOT  
KNOW HOW  
TO GET  
STARTED?

DO YOU  
WANT TO  
FEEL  
BETTER?