

Eckenrode Dietetics



GET FIT CLASS 2019

"Health is often not valued until sickness comes."

-Thomas Fuller

Details

Eckenrode Dietetics will hold two Get Fit Classes in 2019! The first class will start on Tuesday, January 22nd and will run for 12-weeks. The second Get Fit Class will begin on Tuesday, August 6th. Get Fit is a 12-week program created by owner, Randi Eckenrode, four years ago to help people get healthy. Randi has been a dietitian for ten years and specializes in weight loss. The Get Fit Class she created meets on **Tuesday evenings from 6-7 p.m.** There are 25 available slots for each class. The program covers the following:

- Week 1: Detox Your Liver
- Week 2: Meal Planning & Meal Prep
- Week 3: Healthy Snacking & Inflammation
- Week 4: Exercise/Sleep/Cravings
- Week 5: Carbohydrates, Portions & Timing
- Week 6: pH Balance, Clean Proteins & Healthy Fiber
- Week 7: Eating for Your Health
- Week 8: Vitamins, Minerals, Medications & Supplements
- Week 9: Hydration, Water Intake & Sugar
- Week 10: Dining Out & Fast Food
- Week 11: Organic vs. Inorganic
- Week 12: Finding a Balance & Making Change Last

Results

1. Blood Pressures Lowered
2. Cholesterol Lowered
3. Blood sugar returned to normal range
4. Average individual weight loss - 23.6 lbs.
5. Highest 12-week weight loss - 51 lbs.
6. Sleep apnea / CPAP machines alleviated
7. Increased energy
8. Exercise routines established and kept

🏠 **Classes will be held at Sleppy Chiropractic**
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Indiana, PA 15701

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🌐 www.eckenrodedietetics.com