



Lose It!

This FREE Application Download puts better choices in the palm of your hand!

The simple and easy-to-use program is designed to help you stay in your daily calorie budget.

First, what is your goal weight?

It all starts with your goal. Lose It! takes your profile and goal weight and puts together your personal daily budget. Set that goal, follow the budget, and start losing it!



Second, let's look at total Wellness.

While weight loss is at the core of Lose It!, we know that weight loss is just one facet of your larger wellness goals. That's why we offer goals around sleep, exercise, measurements, macronutrients, and more.



Third, keeping it all together.

Best of all, Lose It! keeps all of your goals and progress in one place. Get started and you'll be on your way to reaching your health and fitness objectives.

Go to: <http://www.loseit.com/what-is-lose-it/> for more details and to sign up today!

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