



Specializing in Weight Loss, Maintenance, and Reducing Risk Factors

Would you like to lose weight?

Have more energy?

Relieve aches and pains?

Sleep better?

Reduce and/or eliminate medications for
cholesterol, high blood pressure, diabetes?

Silva's Life Steps teaches you everything you need to know to lose weight and maintain it, one step at a time.

- How to understand the body's monetary exchange system (calories!)
- How to replace the emotions of repeated failure with a new mindset
- How to be a Calorie Expert
- How to control your environment
- How to actually "Eat Less and Exercise More...."

Silva's Life Steps translates that into:

"Eat Fewer Calories and Develop a Healthy Exercise Program"

You CAN lose weight. I can show you how.

From Marty: "This email is going to colleagues and friends who have expressed interest in hearing more about the healthier lifestyle my wife and I have adopted. This new lifestyle (and diet) have enabled us to lose a lot of weight and feel great (~50 pounds for me and Terri surpassed her targets). This program works and it is clean and sustainable living. Laurie has adopted this program for herself and has maintained a significant weight loss for several years. She leads by example. She has lots of good advice, information and data to share with you. She has clients around the US and Europe and is effective doing phone coaching."

Laurie Conrod, Certified Lifestyle Management Coach
One-on-One and Small Groups Coaching

Take the first step and give me a call:

860.674.8777 or 860.463.9040

www.laurieconrod.com

