



# Project Lose It!

## What is it?

Project Lose It! is a 6 week health and wellness program with Award Winning author  
**LaReine Chabut**  
(as voted by the LA Times)

### Offering:

- 6 weeks of exercise and tips on healthy eating
- Weight-loss advice from a registered dietician
- Support from others like you in your group or community
- Motivation and a chance to feel good about your body again

**Let the top expert in the business help you get in the best shape of your life!**

**ISSA Director of Women's Fitness & Wellness, LaReine Chabut [www.losethatbabyfat.com](http://www.losethatbabyfat.com)**