

WHAT N.E.W. LIFE OFFERS:

- **N.E.W. LIFE** teaches people *HOW* to eat a diet for optimal health, energy and prevention of “lifestyle” disease.
- **N.E.W. LIFE** is *not a “diet program”*. Diets offer a false solution to the wrong problem.
- **N.E.W. LIFE** has proven successful in guiding people into *permanent* weight-loss and goes far beyond the goal of a healthy body weight to *total wellness*.
- **N.E.W. LIFE** goes the “extra step” to get people in touch with their *relationship with food*. Overweight is not the problem, *overeating* is.
- **N.E.W. LIFE** offers nutrition education, accountability, and group support. Participation in a 10-week series of classes provides the accountability necessary in the *process* of behavior change.
- **N.E.W. LIFE** teaches an *optimal diet* based on the most recent evidence from American nutrition research and *healthy* cultures around the world.

N.E.W. LIFE is extremely affordable and cost-effective:

Only \$20/week for 10-week program!

Telephone: (631) 704-6977

E-mail: newlife4health@aol.com

www.newlifeforhealth.com

What others say about N.E.W. LIFE:

“Diane’s program is successful in promoting healthy eating habits and thus weight loss and maintenance.”

Nelson E. Bachus, M.D.

“She’s a wealth of nutrition knowledge; a walking nutrition encyclopedia.”

Colleen Broersma, Head of Education
Dept., Poudre Valley Hospital, CO

“Diane is an extraordinary educator. She has an innate ability to help people to understand the material. Even more importantly, she motivates them to put the information to use.”

J.D. Murphy
Owner, Healthworks Health Club

“Diane is the ultimate professional. She is thoroughly knowledgeable about nutrition and also totally sensitive to the personal struggles we have regarding food and wellness. I’ve had the pleasure to take and promote her N.E.W. LIFE class and can personally recommend it.”

Kathy Evans
Asst. Manager, New Creations

“N.E.W. LIFE is not a quick weight loss diet plan. It is a comprehensive educational journey that teaches each person to recognize their relationship with food and work within their diet limits resulting in long term weight loss and a healthy lifestyle. I highly recommend the N.E.W. LIFE program.”

Chris Ortiz, Senior Wellness Coordinator
Lockheed Martin Astronautics

“We have hosted the 10-week program in our office for our patients and noted significant improvement in the health of obese and diabetic patients whom we referred.”

John L. Bender, M.D.



Individual Nutrition Counseling and Group Classes

N.E.W. LIFE is a nutrition education/behavior modification program which teaches people HOW to eat according to the guidelines of the American Heart Association, National Cancer Institute, and the American Diabetes Association. N.E.W. LIFE assists people in preventing lifestyle disease and goes far beyond the goal of healthy body weight to TOTAL WELLNESS.

N.E.W. LIFE programs are offered in *Colorado, Wyoming, Montana, Iowa, Ohio, New York, Connecticut, and Florida*. Licensed Registered Dietitians continue to seek certification to teach **N.E.W. LIFE** programs in additional states around the country.

Diane is also available for individual counseling--see inside

*For more information
or to schedule an appointment:*

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N.E.W. LIFE

N.E.W. LIFE is a 10-week nutrition education/behavior modification program which helps individuals correct deficiencies and regain a healthy relationship with food as keys to achieving and maintaining healthy body weight, optimal health and energy.

The N.E.W. LIFE Eating Plan is based on the recommendations from the American Heart Association, National Cancer Institute, American Diabetes Association for optimal health, energy, prevention of lifestyle disease, and weight-loss. The Eating Plan is fit to your individual needs.

Topics include:

- ♥ Breaking the "diet mentality"
- ♥ Overcoming emotional and stress eating
- ♥ Building *internal* motivation that *lasts*
- ♥ Increasing the variety and nutrient-density of your diet for optimal health/energy
- ♥ Fats, triglycerides, cholesterol and the *real* risks for cardiovascular disease
- ♥ Syndrome X (Metabolic Syndrome)
- ♥ Dangers of excess animal protein and fat
- ♥ Learn why "trans fatty acids" are harmful and where they are in your diet
- ♥ Hypoglycemia, diabetes, hyperinsulinemia
- ♥ What the studies *really* say about body fat
- ♥ Anorexia, bulimia, compulsive overeating, & bondage to food and body image
- ♥ Increasing your motivation to exercise
- ♥ Discerning myth from fact in product labeling and advertising
- ♥ Calcium, fiber, phytochemicals, soy
- ♥ An optimal diet

MEET YOUR INSTRUCTOR...



Diane M. Preves, M.S., R.D.

Diane holds a Masters of Science degree in Nutrition from Colorado State University, is a Registered Dietitian and the developer of the **N.E.W. LIFE** programs which have proven successful in leading *hundreds* of people to more optimal health, energy and overall wellness. Diane compassionately shares the truth that led to freedom from her own decades-long bondage to food and body image. She has consulted with a wide variety of clients concerning human nutrition, published several works on nutrition & exercise, & certifies Registered Dietitians to teach **N.E.W. LIFE** programs in many states.

Some of Diane's present and previous clients include:

- ✓ Poudre Valley Hospital
- ✓ Colorado State University
- ✓ American Heart Association
- ✓ Larimer County and City of Fort Collins
- ✓ Poudre R-1 School District
- ✓ Fort Collins Children's Clinic
- ✓ Aimes Community College
- ✓ Tri 102 and KCOL Radio
- ✓ International Dance Education Asscn.
- ✓ Hewlett-Packard
- ✓ Platte River Power Authority
- ✓ Lockheed-Martin Astronautics
- ✓ HSI Insurance Company
- ✓ Churches, health clubs, doctors' offices

Individual Nutrition Counseling

Diane specializes in the following:

- Optimal diet for prevention of lifestyle disease, energy & weight-loss
- Cardiovascular disease (cholesterol, triglycerides, hypertension, dietary fat)
- Hypoglycemia
- Diabetes
- Pre-diabetes (also known as Syndrome X, metabolic syndrome, insulin resistance, or hyperinsulinemia)
- Weight-loss
- Behavior change
- Relationship with food & body image, diet mentality
- Eating disorders
- Athletic nutrition

Individual counseling: \$100/hour

Groups:

Diane is available to teach the

N.E.W. LIFE
and

N.E.W. LIFE Kids!

programs upon request--
must have available host-site and enough
interest for a group.

Cost: \$200 per 8 or 10 week program