

YOUR SUPPORT TEAM



Linda Mallard

Owner Tsawwassen Wellness Centre
Certified Metabolic Typing Advisor;
Certified Personal Trainer; Certified
Pilates Instructor; Certified Clinical
Testing Specialist; Post-injury
Rehabilitation Specialist; 25 years
experience in fitness, weight loss
and health industry.



Linda Miner

Diploma in Advanced Nutrition.
Registered Nutritional Counselor,
Certified Holistic Nutritionist,
Registered Sports Nutrition
Advisor, Certified Metabolic Typing
Advisor; Degree in
Economics from Queen's
University.



Call today to book a complimentary
consultation and find out how you can
increase your energy, improve your health
and achieve your ideal body weight.

604.943.8823

TSAWWASSEN WELLNESS CENTRE

5514—12th Ave
Tsawwassen, BC

Phone: 604.943.8823
Fax: 604.943.6309
E-mail: Linda@twconline.ca

TSAWWASSEN WELLNESS CENTRE

NUTRITION, WEIGHT LOSS & HEALTH PROGRAMS



A customized personal weight loss
and health program that rebalances
and stabilizes your metabolism so
you can achieve lasting weight loss
an abundance of energy and enjoy
lifelong health.



604.943.8823
www.twconline.ca

Integrated Weight Loss & Metabolic Programs

OUR PROGRAM WILL HELP YOU:

- Achieve and maintain your ideal weight
- Rebalance & stabilize your metabolism to maintain weight loss.
- Enjoy sustained energy and endurance
- Conquer indigestion and fatigue
- Enjoy whole foods, exercise and better manage stress.

When **PRIMARY FOOD** is balanced and satiating, your life feeds you.



When you feed your body the nourishing foods it requires, you become fed not just by food, but by the energy in your life.

BIO-INDIVIDUALITY

Each person has genetically determined and highly individualistic nutrition requirements. Through knowing your caloric requirements with **Metabolic Testing**; your nutritional needs with **Metabolic Typing**; and fine tuning your nutritional requirements with **weekly coaching**, you will learn what foods will and won't nourish you. One person's food is another person's poison and that's why fad diets don't work in the long run. Our **Metabolic Typing Nutritional program** is based on your unique anatomy, metabolism, and cell structure.

SERVICES & PROGRAMS

METABOLIC TYPING

Proper nutrition is directly linked to one's health or disease. But, what you eat is unique to you and your metabolic type. Learn your Metabolic Type and find out the right portions of fat, protein and carbohydrates that are best for you. Even the smallest shift in our portions of food mixing can make an enormous difference to our weight, energy and health.

This program includes an on-line test, full report, recommendations, food lists, sample menu's and consultation.

RESTING METABOLIC RATE

Know exactly how much you can eat and still lose weight, increase your energy and lean muscle tissue. A simple 10 minute breath test will tell you your Metabolic Rate.

COMBINATION PACKAGES

1. Resting Metabolic Rate Test Only—\$99
2. Metabolic Typing + Consult Only—\$168.
3. Both Tests and Consultation (1 hour, 15 mins) \$218 **recommended*

"The beginning of a habit is like an invisible thread, but every time we repeat the act we strengthen the strand, add to it another filament, until it becomes a great cable and binds us irrevocably, thought and act."

Orison Swett Marden



WEIGHT LOSS & HEALTH PROGRAM **Best value, best results*

Achieve Your Ideal Weight with NO Calorie Counting or Weighing Foods

A 4 Week Program that Includes:

- 30 Minute Webinar explaining Metabolic Typing
- Advanced Metabolic Typing Test
- Candida Albicans (Yeast) Screening
- Metabolic Typing Results & Customized Nutrition Plan
- 1 hour Private Consultation
- Six 10-minute Goal Setting Videos
- Weekly Food Diary Submissions & Feedback
- 4 Weeks of Ongoing Support & Guidance

For individuals wanting to lose weight or maintain current healthy weight; increase energy; learn how to eat and enjoy whole primary foods and water that will nourish your body at a cellular level; prevent risk of lifestyle/food related disease.

Cost: \$389.

INTEGRATED WEIGHT LOSS & LIFESTYLE PROGRAM

A 12 Week Program that Includes:

- The 4 Week Program as listed above PLUS...
- Resting Metabolic Rate Test
- Total Body Vibration Membership—12 weeks
- 8 Private Fitness/Pilates sessions
- 12 Weeks Support & Guidance

For individuals who want to lose weight; increase energy; learn how to eat and enjoy whole primary foods and water that will nourish your body at a cellular level; develop a regular exercise regime that will invigorate and excite you; and would like support and guidance.

Cost: \$1499 + gst (option to pay in 3 installments)