



WELCOME TO ITRIM

WHO WE ARE

Many diet plans present claims and success stories that are short-lived, at best. Since the very beginning, Itrim has been different. We incorporate plans and practices that truly work, time after time. Our program is driven by actual results, proven scientific evidence, and both member and professional feedback. We've tracked our members' weight loss results, exercise frequency and other relevant variables since our inception in 2003. We continually use this data to refine our program to benefit our members.

WHAT WE DO

We teach you how to make food a part of your life instead of the focal point. Learning to eat right, manage cravings and maintain everyday exercise are all key components of the Itrim program. With the help of your personal dietitian, you'll find that making these behavior changes is easier than you think.

WHERE YOU CAN FIND US

Tri-City Wellness Center offers Itrim at their state-of-the-art wellness and fitness facility in Carlsbad, CA. Tri-City Wellness Center also offers custom employee worksite programs to bring Itrim to your corporation. To join or inquire about the Itrim program, please contact Katie Di Lauro, RDN at (760) 931-3132 or email Katherine.DiLauro@activewellness.com

**79% OF OUR MEMBERS LOSE AN AVERAGE
OF 24 LBS IN THE FIRST 12 WEEKS
AND KEEP IT OFF**



EATING, EXERCISE, ENCOURAGEMENT

Itrim will equip you with tools to empower you to live the life you desire. Your personal dietitian will incorporate eating, exercise, and encouragement to inspire you to become your ideal self.

EATING

Your Health Coach will customize a meal plan progression for you that is safe and sustainable.

- Increased motivation to achieve your goals.
- Faster exercise progress.
- Easier ability to break bad habits.
- Faster medical improvements.

EXERCISE

Itrim helps you develop an active lifestyle with increased “everyday exercise” and activities you enjoy. You can begin with our circuit training program that helps you build strength and increase metabolism.

- Accommodates all fitness levels.
- Increase metabolism for sustained weight control.
- Efficient workouts to fit any busy lifestyle.

ENCOURAGEMENT

Your Itrim personal health coach provides guidance and support to help you reach your goals and build the life you want.

- Break unwanted behavior patterns.
- Overcome obstacles.
- Identify healthy, active lifestyle habits that work for you.