

“Get a Grip on the Love Handles!”

40+ Metabolism Booster Nutrition Group

“This Group is a Game Changer!”

Jump-Start Your Weight-Loss!

This 8-week results-driven program is designed for those struggling with the havoc that the aging process has on our metabolism.

Weekly activities include:

- 1 hour group class
- Private nutrition session
- Weekly email support
- Exercise plan

Private session includes:

- A food strategy/plan
- Short-term and long-term goals for changing habits
- Discussion of personal obstacles, triggers and successes
- Guidance to make it work for YOU!

Discussion topics include:

- Metabolism tricks and tips to end frustration and see results!
- Cleansing metabolism booster drink tastings and recipe
- Healthy meal recipes & shopping list for the week
- Grocery shopping tips, label reading skills, and more!
- Nutrition facts

What people are saying:

“I am very excited about the wholistic nature of this program. I would absolutely recommend it. The support has been so amazing and having that will make it easier not to fall into sloppy habits. (It’s more than food and exercise...it is a complete lifestyle.) Support and encouragement from Amy has been outstanding. Creative ideas for managing life’s challenges as regards to weight and exercise. Thanks Amy. I give this class an A+. I am so happy!”

—Claire M., June 2017

“Amy is incredibly responsive to questions, concerns, and email. Amy is nonjudgmental – something that is incredibly important for people like me, who have not always found success in reaching nutrition or exercise goals.”

—Michelle S., June 2017

Call Tara, Director of Fitness at 631-751-6767 or email tara@madetomovewellness.com



About Amy:

Amy is a certified personal trainer and nutrition coach. Amy has a certification in plant-based whole food nutrition, as well as extensive experience with healthful eating, food allergens, and multiple nutrition lifestyles. A specialist in metabolism, Amy offers group and individual sessions. Her passion is helping people reach their goals in a natural process.