



AVIDON HEALTH

Eat Healthy, Live Lean

Nutrition & Weight Management



FOR INDIVIDUALS WHO WANT TO EAT HEALTHIER OR TACKLE OBESITY.

We have several courses of varying lengths and intensities depending on your needs, such as *Nutrition*, *Hydration*, and *Healthy Weight*.

For those who have an ongoing struggle with food or weight management, the following 4-week video training course, *Eating Healthy, Living Lean*, could well be the game-changer you've been hunting looking for.

WHAT'S INSIDE

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A scientific solution
from trusted
behavior-change
experts.



The issue at the root of unhealthy eating is emotional. Here's why.

The brain of unhealthy eaters unconsciously repeats negative thought patterns that create an emotional dependency on food.

Our evidence-based training provides the knowledge, cognitive skills, and tools needed to:

- A. Retrain the brain to** replace negative thoughts with positive, empowering thoughts,
- B. Eliminate cravings** for unhealthy foods and eating patterns
- C. Consistently make decisions** that lead to a healthy weight and sound nutrition.

The result is improved resiliency, genuine, lasting behavioral change, and a higher quality of life.

"This course changed my mindset towards and relationship with food. As a result, I have lost nearly 40 pounds so far and am still going. Thank you for providing inspiration ... and motivation." – Course Participant

We make it simple for you to participate and stay on course.

Our proprietary evidence-based training process transforms your mindset at the subconscious level to break emotionally driven unhealthy eating habits. The mindset training is paired with practical content and activities to establish healthy eating habits and achieve lasting weight loss.



The course features highly engaging pre-recorded video instruction from one of the foremost behavioral change experts. The training sessions simulate a live coaching experience and are private, convenient, and effective.



- ▶ Mobile access and companion app
- ▶ Video instruction from expert instructors
- ▶ Interactive tools and support content
- ▶ Reminders and push notifications
- ▶ On-demand participant support

"I truly appreciate that the course focuses on behavior, self-accountability, and a philosophy that helps one manage discomfort. I have lost over 35 pounds, and I'm confident that I can continue on and lose another 35+ to reach my goal. Furthermore, I am confident that I now have the foundation on which to build a plan to maintain my goal weight indefinitely." – Course Participant

Trusted by leading organizations.

20+ years' experience creating cognitive-based programs leveraged by some of the world's top health and wellness providers.

Course Overview and Instructor

14

Sessions

4

Weeks

3-4

Hours
per week

Session Listing

Orientation: Can I Succeed? The Six Criteria for Success

Introduction: Living Lean Naturally

Session 1. Regaining Power Over Food

You are about to learn the secret to finding your greatest source of motivation.

Session 2. Why You Eat Foods That Make You Overweight

You will have a lightbulb moment once you understand the true reason for unhealthy eating.

Session 3. How to Stop "Munching" (unhealthy eating)

From muncher to ex-muncher. The breakthrough starts today.

Session 4. Taking Control

Your brain is retraining, and your body is healing.

Session 5. "Wheel of Certainty" – Part One

Your brain is more powerful than you realize. Let's use its massive power to your advantage.

Session 6. "Wheel of Certainty" – Part Two

Begin filming the movie of your life as you want it to be, scene by scene.

Session 7. Changing Your Self-Image

There are four ways that people can get derailed. We'll show you how to deal with them so you can stay on track.

Session 8. Designing Your Future

You are now on the path to naturally living lean! How far you go is up to you.

Session 9. The Possibility for Living Lean

Mastery is yours if you want it.

Session 10. Taking a Stand for Your Future

You are not your breakdowns, fears, or worries. It's time to let go of the past and move forward.

Session 11. Getting Others to Join You

Get your family and friends on board with your new, lean lifestyle.

Session 12. Mastering Living Lean

Living lean is a mindset and a way of life. Enjoy ... you have just begun.

Course Instructor



Lou Ryan

is a personal coach and cognitive training expert with over 30 years of experience helping people create healthy behaviors. Lou has helped thousands of people gain control over unhealthy eating habits and many other lifestyle issues so they can transition to a more calm, peaceful, and empowered life.

How Does The Course Impact People Like You?



I noticed a change in my thinking the first week ... I've lost 20 pounds ..."
– Stephanie A.

Why is it so hard to lose weight?

A recent Duke University study found that the biggest barriers to healthy eating were **lack of self-control and convenience**. The biggest barriers to exercise were **lack of interest and motivation**.



The numbers tell a story of a healthier life

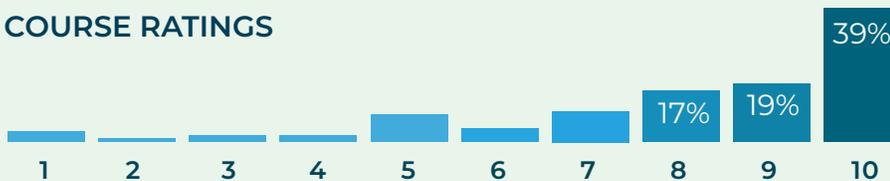
We wanted to know: How does the course impact participants?

We surveyed over 2,000 participants over 6 months, and the results show real, measurable change.

- 43%** give the highest possible rating when asked how much the course made them feel **in control of their eating habits**
- 91%** of participants said they **met their food and eating objectives**
- 45%** believe the course had **a positive impact on their future health**
- 33%** continued to successfully **eliminate unhealthy eating behaviors**



COURSE RATINGS



93%

would recommend this course to friends & family

Learn more at: <https://www.avidonhealth.com>