

**FOR IMMEDIATE RELEASE**

**News Release**

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**Macomb & Oakland County "Biggest Loser" Weight Management Training**

Keenawah & Associates of Farmington, along with The New You Body Wraps of Utica, announces the introduction of the Transitions Lifestyle System® Biggest Loser Challenge which provides a simple, complete approach to weight loss and management including education, meal planning, exercise, one on one coaching and much more. The Life Transitions Biggest Loser will win a prize package including goods and services from area businesses, spas and wellness centers.

Approximately 20 percent of overweight people may not realize they need to lose excess body fat because they physically appear within a "normal" weight range. However, they may still have an altered or unhealthy body composition – a state of carrying too much fat in comparison to lean muscle tissue. With fad diets, busy schedules and readily available junk foods, it seems impossible to maintain a healthy lifestyle and weight.

Attend a free seminar on Monday, March 2 from 7-8:30 p.m. in Farmington or Monday, March 16, 7-8:30 p.m. in Utica to learn how men and women are learning to remove the emphasis from dieting and replace it with a complete lifestyle approach to lose weight, keep it off, and live healthier lives. Dr. Shari Lieberman, PhD, CNS, FACN, Nutrition Scientist and Exercise Physiologist developed the Transitions Lifestyle System. The system provides a unique approach to weight management. It is not a fly-by-night diet, but rather a complete lifestyle renovation that helps to achieve a healthy body composition.

The Lifestyle Transitions 12-Week Challenge will be held Thursdays, March 5 through May 21 from 7-8 p.m. in Farmington and Mondays, March 23 to June 8 (Memorial Day class moved to 5/26), 7-8 p.m. in Utica. The Weight Loss Challenge includes a Daily Journal, DVDs, Index Food Guide & Instructions, 30-Day Product Supply, and weekly Support and Education Classes. Participants may also receive additional guest sessions with meditation and empowerment trainer, a yoga instructor, non-surgical body enhancement specialist, a personal trainer and nutritionist.

The free Seminar and classes held in Farmington will be at Pure Concepts located at 23023 Orchard Lake Rd, Bldg C. and the Utica location is The New You Body Wraps & Wellness Center, 8801 Hall Rd.

Call Amanda Butler, president of Keenawah & Associates at (248) 350-8997 or New You at (586) 323-0355 for Utica to register for this FREE Intro or the 12-Week Program! For more info, visit [marketamerica.com/keenawah](http://marketamerica.com/keenawah)

Keenawah & Associates is a transformation and empowerment organization specializing in re-patterning individuals' lives, once based on fear, survival, and the past, to now creating a life lived through love, Living Only Vibrant Energy, thrival, and the present. This healing and guidance company features The Diamond Power Within™, a program designed to restore, energize, empower and teach the skills needed to develop a happy, confident and fulfilled life. It has helped hundreds through Workshops, Soul Readings, Conscious Choice Coaching, and Energetic Re-Patterning Healing Sessions to reclaim their Diamond Life™ Success. For more information go to [www.stellargaia.org/ClassesWorkshops.cfm](http://www.stellargaia.org/ClassesWorkshops.cfm) or call (248) 350-8997.

The New You Body Wraps & Wellness Center, located on M59 in Utica, is dedicated to reshaping lives, one body at a time, with clients ranging in age from 13-83. The center offers two unique wraps that tone and tighten the skin, re-shape the body, detox the system and reduce arthritis and joint pain. Additional services offered include Aromatherapy, Reflexology, Ionic Foot Baths, Facials, Waxing, Botox, and Restalyn. SpaFinder gift cards are accepted. For more information visit [www.TheNewYouBodyWraps.com](http://www.TheNewYouBodyWraps.com) or call (586) 323-0355.

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