

# Yes!

## You Can Help Your Employees... Patients... Community...

- Improve energy
- Lower cholesterol
- Lose extra pounds
- Fight cancer
- Drop blood pressure
- Dodge diabetes

**With DIET FREE they will be motivated,  
entertained, and changed forever!**

DIET FREE is:

- A highly inspirational 10-week nutrition and exercise lifestyle program.
- Centered around ten 30-minute weekly “movies” featuring dietitian/comedian Zonya Foco RD.
- The video seminars can be viewed in live class formats that you lead, or viewed individually via web portal.
- Turn-key to promote and facilitate.
- Contains all support materials leaders and participants need for a lifetime of success.
- Includes confidential pre and post habit surveys allowing you to see how your participants improve as a group.
- Loved by participants and gets results!

**DIET FREE™**

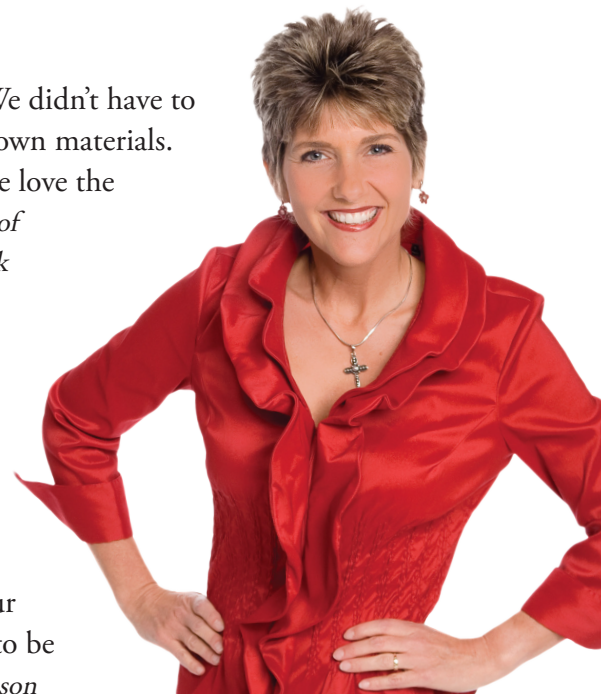
“ I learned more in  
10 weeks of DIET FREE  
than I did in 2 years  
of Weight Watchers® ”  
— Sandy Perkins, Ohio

### DIET FREE Leaders Say:

“DIET FREE is the perfect fit for us. We didn’t have to spend time and money developing our own materials. Our employees love the program and we love the results.” — *Dianne Scherschel, University of Wisconsin Health Wellness Options at Work*

“With 88 percent of our attendees decreasing both their BMI and waist measurements, we are excitedly planning our sessions!” — *Carol Boyce, Director of the Women’s Health Center, Herrick Hospital, Michigan*

“I am thrilled with this program and our community is having a blast - it’s great to be in partnership with Zonya!” — *Jan Johnson Healthy Lifestyle Coordinator, Central Peninsula Hospital, Alaska*



**Zonya Foco, RD, CSP, CHFI**  
Creator of DIET FREE  
Award Winning Author and TV Host



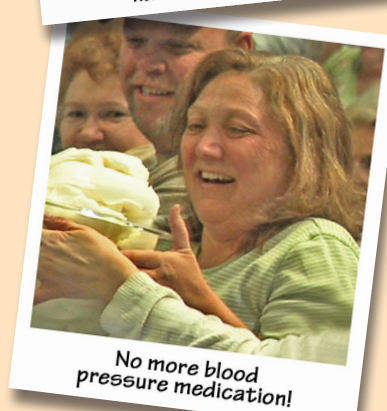
Lost 67 pounds



Cholesterol dropped 32 pts.



Lost 15 pounds and  
has more energy!



No more blood  
pressure medication!



Lost 60 pounds and now...  
No more diabetes medication!

# DIET FREE Licensing Options and Materials

## ■ Group Leader License - \$600

Facilitate the 10-week DIET FREE program as often as you choose in a group setting.

**Includes 1 Leader Kit:** Everything you need to promote and lead group classes, from flyers to recruitment emails, DVD set of video seminars, Leader Guide, Participant Kit, and *Lickety-Split Meals* cookbook.

*One Participant Kit required per attendee*  
Additional Leader Kits - \$300

## Participant Kit \$69\*

Lifestyle Guide, Habit Tracker, *Water with Lemon* novel, Audio Seminars CDs, Fitness DVD, Reminder Wrist Band, and a colorful Shopping Bag:



\*For Bulk Orders:

1 - 24: \$69	100 - 249: \$63
25 - 49: \$67	250 - 499: \$61
50 - 99: \$65	500 +: \$59
	plus shipping

## Optional Add-on:

### **Lickety-Split Meals Cookbook \$14.97**

Both license options provide discount pricing on bulk orders of *Lickety-Split Meals* cookbooks at \$14.97

each. (List price \$24.95)

Minimum order 10.

Free shipping for DIET FREE licensees.



## To Learn More about DIET FREE:

Visit [DIETFREE.com](http://DIETFREE.com) and watch the three video samples AND call the American Institute for Preventive Medicine at 800-345-2476 for more information.

## To Book Zonya for an Event:

Call AIPM at 800-345-2476.

## ■ Web Portal License - \$1,200

Go beyond the boundaries of your building and offer the DIET FREE program through the DIETFREE.com portal. Each participant has their own Home Page branded with your Company name and logo. Includes your own group message board for company conversations. Also includes one Leader Kit (with DVD set) to allow for group classes.

*One Participant Kit required per attendee*

The portal provides ongoing support and maintenance with repeat viewing of video seminars, community message boards, Zonya coaching tips, recipe sharing, and video health tips.

**Delivery:** Participants view video seminars posted one a week for 10 weeks on their Home Page. Automated email notices are sent to participants when a new seminar is posted. Participants watch seminars via video streaming - at their convenience.

Ten Zonya encouragement tips are emailed mid-week to each member.

Access to the DIET FREE portal continues after the 10-week program for ongoing support and maintenance.

## A Great Idea: Bring Zonya in LIVE for a Kick Off or Celebration Event!

*Whether it's a special event for your employees, patients, community, or all three - everyone is inspired meeting and hearing Zonya in person!*



Used by Worksites and Communities Across the Country

