



## WEIGHT MANAGEMENT UNIVERSITY - "WMU"

Introducing, Weight Management University "WMU"- a comprehensive weight management educational course that is based on extensive research and human physiology.

This is just the beginning! Weight Management University is so much more than just another "weight loss program". It's a complete course for sure-fire success and possibly the most comprehensive solution for health improvement and fat loss ever developed! No hype, no gimmicks, just the FACTS you need to know to get fit and control your weight for life. This is NOT an exercise or aerobic class, but an actual course where students will engage in discussions and hands on workbook and group activities to track progress. Dress is casual. **12 hours - 10 days at 1 hour each**

Cost: **\$ 297** Textbook Included.

CAMPUS	DAY(S)	START/END DATES	TIMES
Douglas	Tu	04/15 - 06/17	6:30pm - 7:30pm
Carroll	Th	04/17 - 06/19	6:30pm - 7:30pm
Douglas	Tu	07/15 - 09/16	6:30pm - 7:30pm
Carroll	Th	07/17 - 09/18	6:30pm - 7:30pm

*In WMU, a fun interactive 10-week course you will learn:*

- Why it's physiologically impossible for conventional diets to ever work for long-term results.
- How to break through any fat loss plateau-even if you've been stuck at the same weight for years! Seven fool-proof methods that work like magic every time.
- Can doing too much cardio actually make you fatter? The answer will surprise you.
- Why dieting can make you fatter!
- Why eating certain "good" fats can actually speed up fat loss and increase your energy levels.
- How food manufacturers mislead you on nutrition labels. Learn the TWO crucial places you MUST look on a food label.
- A simple method to increase the fat burning effects of your cardio workout by up to 300%.
- Which body type classification you are and how to eat right for your body type.
- Secrets of meal frequency and timing that will amplify your body's natural rate of calorie-burning.
- How to get your body burning fat around the clock - even while you're sleeping!
- The truth about how much cardio you REALLY need to lose body fat and when you should do it for maximum impact.
- A simple yet effective "12-minute workout" designed to fit your schedule and experience level. A great way for people crunched for time to get in shape.



## David B. Jenkins, CSCS, NSCA-CPT

David Jenkins is a consummate fitness professional, health educator and weight management expert with a proven ability to develop and implement effective exercise prescriptions, supportive nutritional programs, and provide the proper motivation required to help clients improve their health, physical readiness and self-esteem. Numerous clients of Mr. Jenkins' have reported lowering their blood pressure, cholesterol levels, increasing bone density levels and being taken completely off all prescription drugs within a year of retaining his services.

Mr. Jenkins has over 16 years of diverse experience in the fitness industry which includes preparing U.S. Marines for combat during Dessert Storm, developing a youth fitness and nutrition program (Fitkidz) for Fulton and Douglas County Schools and earning the distinguished Certified Strength & Conditioning Specialist (CSCS) and Certified Personal Trainer credentials from the National Strength & Conditioning Association.

A graduate of Morehouse College, he is the President of Motivational Fitness Group, Inc. Atlanta's premier service provider for workplace wellness and in-home personal training; and the Founder of Weight Management University a 12-hour weight course developed to empower students to SUCCESSFULLY live a healthier lifestyle and SUCCESSFULLY manage their weight for life.