

Before & After



WOW
FINALLY, A
WEIGHT LOSS
PROGRAM
FOR TEENS!

ADRIENNE LOST
20LBS!
ADRIENNE: 16YRS OLD
"LOST 20 LBS ON
THE PROGRAM!"

**ADRIENNE'S
BEFORE & AFTER**



YOU CAN
DISCOVER
LAURA'S
SECRET
TO LOSING,
17LBS!

LAURA: 15YRS OLD
"LOST 17 LBS ON
THE PROGRAM!"

**LAURA'S
BEFORE & AFTER**



I HAD A...
**LOVE,
HATE**
RELATIONSHIP
WITH FOOD!
KAITLIN LOST
21LBS!

KAITLIN: 15YRS OLD
"LOST 21 LBS ON
THE PROGRAM!"

**KAITLIN'S
BEFORE & AFTER**

Call or visit us online to enroll in an LHT Revolution class or find an LHT preferred fitness location nearest you!

www.lhtrevolution.com
www.facebook.com/lhtrevolution
YouTube-LHT Revolution

**CONTACT
LHT REVOLUTION
FOR MORE INFO**

For more info on becoming
an LHT Licensee or
Certified LHT Coach
contact Cynthia:
408-472-0189



Revolution
LEANER HEALTHIER TEENS



TEEN AND TWEEN
Weight Loss, Fitness and Nutrition
TRANSFORMATION!

LHT Revolution is the fastest growing teen & tween nutrition education weight loss program in the country. Our fun interactive curriculum helps teens lose weight and get fit by using healthy food exchanges and learning how to incorporate physical activity in their everyday lives. This program was specifically designed for teens who want to take control of their weight, health and physical appearance. We are not a diet, we are a healthy lifestyle program!

At **LHT Revolution** we believe in the words "yes" and "you can," our environment creates increased confidence and fosters a strong "buddy system" among our students. The education we provide at LHT will encourage healthy habits that will last a lifetime! "Not to mention....Our team is pretty cool and we have a lot of fun!"

Founder Cynthia Besson
with LHT Graduate
Keith & his father.

-Keith Lost 35lbs!





The Leaner, Healthier, Teen Revolution™ program guides teens through a cool, interactive, fun **SIX-week weight loss program**, teaching them life skills surrounding food, fitness and emotions. The program is based on **healthy food exchanges**, and is R.D approved. It includes foods teens eat on a regular basis, (Like Starbucks, Subway and Taco Bell®) and teens are encouraged to work out a few times a week.

FIVE main components of The LHT program are:

- 1) LHT Classes (classroom & online)
- 2) Website /Social Media
- 3) LHT Book and Journal
- 4) LHT Protein Bars
- 5) Personal LHT Coach



Join Our Revolution

...six weeks to healthier living

The LHT Website:

This site is geared exclusively to teens. It's used as an additional tool to interact with others who have the same challenges and who have successfully lost weight. It provides fast food lists, calorie calculators, blogging, mentorship programs and more.

ACTION Journal:

The LHT book is used as an educational class guide, food diary and exercise recording tool. Teens work through a new topic each week such as emotional eating, label reading, social strategies, eating out and how to handle peer pressure.

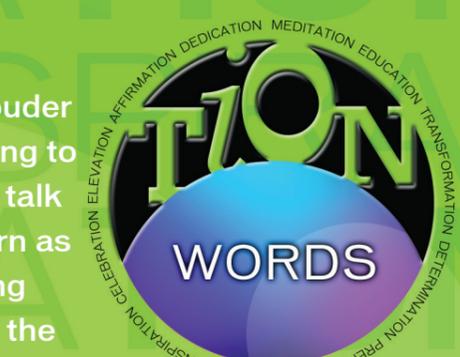
LHT Coach:

A skilled nutrition advisor meets with teens on a weekly basis both one-on-one and in a group setting. Coaches offer support and encouragement and teach our proprietary, "Seven ACTIONS to SUCCESS" formula.

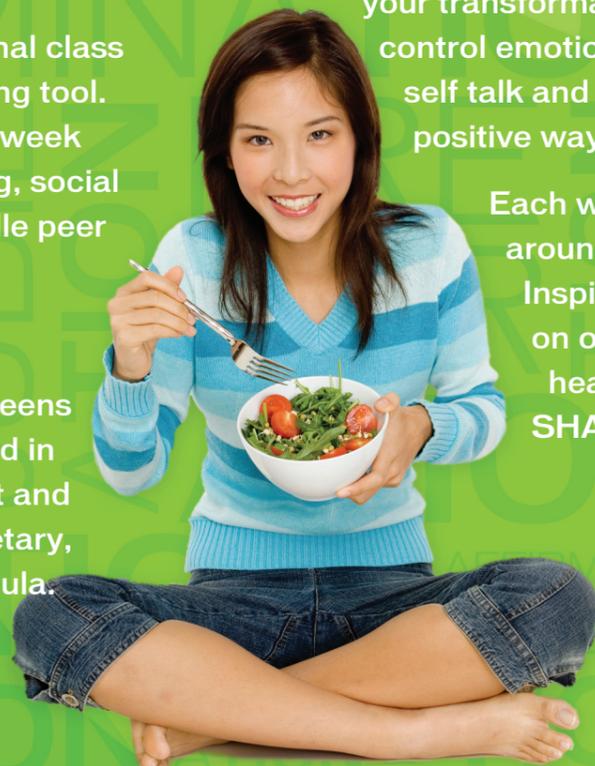
ACTION Words:

Actions may speak louder than words but learning to control your own self talk is as important to learn as being active. Reaching ANY goal starts from the inside out. As you go through your transformation, we'll teach you how to control emotional eating, increase positive self talk and view your body in a more positive way.

Each week the classes are designed around a "TION" word like Motivation, Inspiration and Education, focusing on only the positive aspects of health and nutrition. There is "NO SHAME" in our program formula.



- | | |
|----------------|-------------|
| MEDITATION | INSPIRATION |
| EDUCATION | CELEBRATION |
| TRANSFORMATION | ELEVATION |
| DETERMINATION | AFFIRMATION |
| PREPARATION | DEDICATION |



Parkyre-13 "I cut back my portions and started drinking more water and working out more. Really enjoyed hanging out with the rest of the group during classes too. It was super fun! I've Lost 12 pounds so far and really learned a lot!"

Nick-13 "I was drinking a six pack of soda a day and now I am down to 2 a week and have lost 7 pounds! I cut back A LOT on my portions and started walking and saying "no thank you!"

Madison-14 "I'm really an emotional eater and knew very little about what to eat. WOW, how I have changed, (bought a banana from the gas station instead of a soda, how's that for a change?)" Down 12 lbs. in two months!



Sonora California, fieldtrip with Class of 2012

