

If you're having a tough time sticking with your nutrition plan this summer, Life Time's D.TOX program can help get you back on track. As a Life Time member, there's still time for you to [join me for our FREE 14-day Summer D.TOX](#) that starts Monday, July 17.

Our D.TOX is different than most programs you hear about it. It's a nutrition-focused plan that's designed to support your body's natural detoxification systems while providing it with the key nutrients it needs for optimal organ function. It clears out environmental toxins (which we're all exposed to in daily life), and can also help pinpoint food sensitivities, jump start weight loss (people lose 5 to 7 pounds, on average), and support the creation — or restoration — of healthy habits.

Other benefits our members have experienced include:

- Decreased sugar cravings
- Clearer complexion and smoother skin
- Improved sleep quality
- Decreased abdominal bloating
- Increased energy levels and decreased dependence on caffeine

As a registered dietitian, I believe every body can benefit from this program, whether they do it once a season or once a year.

[Sign up today](#) and you'll immediately receive an email with meal plans, recipes and a step-by-step guide to get started. The program also includes:

- Three educational podcasts (listen on your time).
- Support materials including downloadable food plans, recipes and more.
- Motivational emails from me (including my personal tips and recipes).
- Online support from Life Time's world-class dietitians.

Ready to join me? [Sign up here](#). Know a friend who might also benefit? Forward this email and invite them along. Have questions? Just respond to this email — I'd love to hear from you!

In health,
Coach Anika

P.S. If you're curious about the program, but not quite sure — [read about a few of our success stories](#).

Free — Sign Up Today

#LifeTimeFitness



LIFE TIME
HEALTHY WAY OF LIFE

Life Time® Healthy Way of Life
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