

Ten Reasons to Certify as a WaterART Weight Management Consultant



1. Inform yourself about weight management and related issues
2. Learn facilitator skills to guide effective support groups
3. Learn techniques to break down resistance to life-style change
4. Gain self-confidence yourself leading an effective lifestyle change program
5. Learn to challenge and empower yourself about healthy lifestyle choices
6. Learn to challenge and empower clients
7. Add to your earning potential with a valued certification
8. Meet your client needs with a no-gimmick, reasoned approach
9. Ride the opportunity of public acceptance that unhealthy lifestyles should be changed
10. WaterART's all-inclusive, easy to present program, incorporates all the above



Ten Reasons to Enter the



WaterART[™]
F I T N E S S

Managing a Healthy Weight

1. Learn to love and value yourself more
2. Learn to set S.M.A.R.T. goals that get results
3. Learn to effectively manage the barriers and excuses that blocked success in the past
4. Incorporate good eating habits into your existing lifestyle
5. Incorporate effective exercise into your existing lifestyle
6. Educate yourself about labels and portion control
7. Benefit from a knowledgeable, empathetic person to guide you towards healthy living
8. Learn strategies that make you more mindful when eating
9. Gain productive insights using a food journal
10. Empower yourself with resources and techniques to realize permanent benefits for you and your family

Comparing:

**The Managing a Healthy Weight Program
vs.
Weight Management Consultant Certification Program**

The Managing a Healthy Weight KIT for your client (\$80. per person OR \$129.00 as a 8 hour training modual) includes:

1. *Managing a Healthy Weight* workbook
2. DVD032, DVD048, DVD049 (water tapes may be substituted) for the client's home use
3. LC032, LC048, LC049 - for your client's home use
4. (1) 30" fit band, (1) 15" fit band.
5. Online/help with flyer...

The **Weight Management Consultant Certification Course to become a certified consultant** (\$279.00 for WaterART members...or \$299.00 non-member) includes:

1. **Managing a Healthy Weight Workbook**
2. DVD032, DVD048, DVD049 (water tapes may be substituted) for the client's home use
3. LC032, LC048, LC049 - for your client's home use
4. (1) 30" fit band, (1) 15" fit band
5. Onsite education (16 hours)
6. CEC's for BCRPA, AFLCA, WaterART, AFPA, OFC, OKA
7. *Weight Management Consultant Manual*
8. Exam – for your own education /certification OR you may do the Consultant exam which requires making a presentation.
9. Incentive program (passing the exam qualifies you to purchase & sell MHW Kits)