

What is the Oxygen Channel Proclaiming About Bellingham's Newest Weight Loss Program?

After finding out about Thin & Healthy's Total Solution®, the Executive Producer for Fitness Insider, a television show aired on the Oxygen Channel, says, "Thin & Healthy's Total Solution is the BEST kept secret in weight loss."

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Thin & Healthy's Total Solution has just opened a location in Bellingham. There are now over 200 locations distributing the program worldwide. It is the only complete concept, as it is the marriage of weight loss, fitness and motivation. The members enjoy the opportunity to work on losing weight, increasing their movement and improving their entire life at one place.

No other weight management or fitness program offers the three components Thin & Healthy's Total Solution offers. A Healthy Foods Education component teaches people how to eat their favorite foods and lose weight. That is unique and great news, since we love our pizza, chips and brownies. But it's not what makes Thin & Healthy's Total Solution stand out. A Metabolism Retraining component teaches people how to fall in love with movement. Even those who've never liked to exercise discover how easy it is to increase their metabolic rate with movement. That is unique, but not what makes Thin & Healthy's Total Solution® stand out. The key to their program is the Life Success component, which gives each member the inspiration, education and tools needed in order to tap into their motivation and determination that lies within.

Unlike most other weight loss programs they do not focus on food, but rather on the 'how' and the 'why'. Donna Krech, CEO and founder of Thin & Healthy's Total Solution says, "Permanent weight loss is not about the food! It's about the motivation. We focus on teaching our members how to maintain their motivation. Anyone can lose weight, but 97 percent of Americans that lose weight gain it right back which is where we come in and change the standards."

Owner Danielle Hafers, a Franklin resident of 37 years is an active community member. With three kids and her busy husband, Tom Hafers who is owner of USMMA in Bellingham, she knows how hard it can be to make time for herself. She asserted, "I know firsthand what it is like to put your needs on the back burner. Sometimes you just have to stop and understand that in order to be good to everyone else you must be good to yourself."

Leah Santello, a membership specialist at Thin and Healthy is a Health Educator. She has been in the nutrition and wellness industry for over 10 years. Leah has experience working in hospitals where losing weight can be a life or death matter. Leah has also worked in various fitness clubs devising nutrition programs and teaching toning and fat burning classes. She commented, "I want my members to enjoy every moment of their lives to the fullest, not dread waking up wondering what struggle the day will bring, which is why I chose to be a part of Thin and Healthy. I really do believe it is the total solution for permanent weight loss."

Instead of watching waistlines increase, along with health related illness, they are devoted to changing how Americans view the importance of their own health. Just in the past month they have been involved in over half a dozen community events and are also reaching out to children with weight issues.

"We are offering incredible specials right now because we want people to look and feel their best for the holidays. Leah has been having a lot of fun getting groups of friends and co workers together to do 'biggest loser' type contests. When friends get together to motivate and inspire each other, the results are

unbelievable!” says Hafers.

Thin & Healthy’s Total Solution is located at 316 Hartford Ave. in Bellingham, MA. For more information on the program, contact Danielle or Leah at (508) 657-1789 or visit www.thinandhealthy.com

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