

UNDERSTANDING WEIGHT MANAGEMENT

A lecture series with Mary Horn, M.S.

Friday, September 17

5:30—7:30 pm

\$20, includes body composition analysis and wellness tea break

Please pre-register at 970/476-7721

Why is weight loss and maintenance so difficult? Share in this first discussion on Understanding Weight Management, in which Mary will explain the importance of body composition as you review your individual results. Learn to evaluate food portions and how to make healthy food choices, and discover the importance of exercise intensity and duration to maximize your results in the gym.

Mary Horn, M.S.

Passionate about helping others adopt healthy lifestyle changes, Mary Horn, M.S. has been in the exercise science and wellness field for more than 25 years. From teaching fitness classes to seniors and cardiac patients, conducting research to enhance athletic performance at the Gatorade Sports Science Institute, to serving as Director of Nutrition and Exercise Science at Miraval Resort Tucson, Mary has made an impact on the industry, but more importantly, on the individuals whose lives she's touched. She now joins the staff of The Vitality Center at Vail Mountain Lodge to lead wellness intensives and conduct nutritional consultations.

Some of Mary's accomplishments include appearing on the Oprah Winfrey Show, Martha Stewart Live, and being interviewed on Martha Stewart Radio. She is an avid runner, cyclist, and Ironman triathlete.

Mary will be available for Nutritional Consultations Sept 16—19.

MINDFUL EATING

Saturday, September 18

8—9 am

\$20, includes Terra Bistro breakfast

Please pre-register at 970/476-7721

Experience the remarkable difference of eating mindfully . . . if you have eaten when you are not hungry, continued to eat after you were full, stopped eating prior to satiety, or allowed guilt to guide your food choices, you have experienced mindless eating. Mindful eating involves bringing more to the table than just hunger. During breakfast, I will invite you to experience food through all senses by paying attention to the sight, smell, taste, sound, and texture of what you're eating. This mindful eating experience can potentially free you from reactive eating patterns and change the way you eat in the future.



The Vitality Center™
At Vail Mountain Lodge

Go fit. Go well. Go long.

Located within the Vail Mountain Lodge & Spa
352 East Meadow Drive, Vail Village
970/476-7721
VailVitalityCenter.com