

## ONLINE SUPPORT AFTER WEIGHT LOSS SURGERY

Let NGNE Help Your Patients Succeed After Weight Loss Surgery - Online!

# NGNE Teaches Your Weight Loss Patients How To Start Successful Fitness Programs!

## The Fitness "How To" Professionals.™

*“Let the NGNE Team help your patients increase their chances of weight loss success in **just 30 minutes!**”*

Nina Ross, Master Personal Trainer (Cooper Institute)  
President, The No Gym, No Excuses® Company  
Author, Motivational Speaker  
Principal NGNE On-Line Instructor



Add No Gym, No Excuses® fun, affordable online wellness educational classes to what you currently offer your weight loss patients as part of their post care regiment! We accept insurance payments or direct payments from individual patients. Visit our website to see our full class list and schedule a meeting with me today!

### Benefits for Your Patients:

- Patient Privacy
- Patience Convenience
- Add Our Team to Your Roster
- Added Value Service

### Partial List of Online Classes/ Workshops:

- Realistic Goalsetting
- Common Sense Nutrition
- Calculate Your Weight Loss



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THE  
**No Gym,**  
*No Excuses*®  
COMPANY

The Fitness "How To" Professionals™