

Never start a new DIET and slowly physically and emotionally ‘die-at – it’. We are all different in our physio-biological design and hence, it is vital that our diets consist of the foods and nutrients we need to achieve and maintain our desired health goals.

Do not get caught up in the ‘quick fixes’ and popular weigh loss or gain diet fads. You must realize that your caloric intake also depends on the types of foods you eat and must also compliment your fitness or daily lifestyle for optimal results.

Contact Bodyonix Bahamas today, we can offer you an assessment and consultation that will be sure to help you identify the underlying factors that affect your eating habits and we can successfully design a meal plan that that is not tasteless or for a short period but something that you could enjoy and maintain for a lifetime.

Don’t cheat yourself of the lifestyle you so rightfully deserve, call us today.

*Nardo Dean*

CSST/ CEO

Bodyonix Bahamas