



# The Nutrition Path - Healthy Weight Control Program -Think Thin

*The Nutrition Path (Certified Health Coach, Karen Coltun, CHC) will help you learn the habits of health system!*

NEW YORK, NY, UNITED STATES, December 16, 2013 /EINPresswire.com/ -- [Obesity](#) is an epidemic. If you are struggling at a weight over your healthy BMI range, you are on the path to disease and illness. Dr. Wayne Scott Andersen, Co-Founder of Take Shape for Life has shared his Habits of Health System, and The Nutrition Path COPE Certified Health Coach, Karen Coltun will teach you these habits.

You will see results in your [weight loss](#) quickly, and you will be guided on the path to optimal health with Karen's simple program. A diet is one thing, but this program is set up for those who want permanent results.

So, don't be another statistic - You can keep the weight off now!

Call Karen Coltun, CHC

917-284-2075

COPE Certified Health Coach

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