



### How do I get started?

It is easy. First you will want to contact us. There are two easy ways you can reach us:

**By email: [stevedennis.sd@gmail.com](mailto:stevedennis.sd@gmail.com)**

**By Phone: 706-290-3121**

Our eating lifestyle is very easy to follow. Because it is a fun and unconventional approach to weight loss it does take 2-3 sessions to fully grasp the foundational program.

However, you will begin losing weight after your very first class. How? While you are learning the lifestyle, we will provide you with weekly meal plans which will enable your body to specifically target fat as a fuel source.

Your friends in our program are eating specific food combinations for targeted FAT LOSS. They are also learning a NEW LIFESTYLE approach and way of thinking that transforms one from the inside out. We will teach you the categories and combinations that will change your life.

**Step 1:** Register for a 4 Week Phase One Class.

**Step 2:** Journal daily.

**Step 3:** We invite you to take part in our Facebook community. It is a private community for members only. Once membership has been established, just go to [www.facebook.com/faith.dennis.37](http://www.facebook.com/faith.dennis.37) to request entry to the Steve Dennis Wellness Group.

**Step 4:** *Sh! It's a secret.* We do ask that you not share the information you are learning with others as membership is required.

With your membership, once the 4 Week Phase One Classes end, you will be able to access our online community where you will be able to take advantage of our video library, an online journal, recipes, a reservoir of approved foods, and a wealth of knowledge from many who have taken this wellness journey and are enjoying the benefits of a healthy lifestyle.

Foods can be purchased at your local grocery store. You can do the program without ever purchasing a single product from us.

Because we live the lifestyle we have found many delicious products or “void-replacements” that keep us from feeling deprived when we are trying to stay “perfect”. We keep these in our weight loss centers and online as a convenience for you. These products make our eating lifestyle fun and can even boost fat burning results but they are absolutely not required.

Our mission is to help you lose weight. We WILL accomplish that with passion, heart and a love of sharing what we have learned with you. We do, however, have supplemental products available at [stevedennis.firstfitness.com](http://stevedennis.firstfitness.com).

A **\$10.00** Registration fee is required at the first meeting. The cost of the first 3-weeks for church groups or other organizations is always FREE. However, to continue beyond Phase 1 and to have access to the online support the cost for one-year is **\$189.00**.

Participants often lose more than 20 pounds in only their first 3 weeks. You can learn the entire foundational program in the first 3 weeks while being taught by knowledgeable and fun Coaches. We only ask for a minimum of 20 participants in a class.

The length of your participation in the program depends on your unique needs. Most of our members lose 2-5 pounds per week. So, if you needed to lose 30 pounds we would suggest that you participate in the program at least 10-12 weeks.

We don't just hand you a diet, we educate you and teach you how to use the tools that will keep you in fat burning mode for a lifetime.

After you have met your goal, and are in a maintenance phase of the program you can stay connected with us for future support where we continually re-enforce the program. We are a family and you will be a valuable part family and community. You are always a member of our family!