



Lose It For Life Online Extensive Information

LOSE IT FOR LIFE

Do you want to live free of obsessions and compulsions in your eating habits? Do you want to resolve the inner conflicts overloading your life and triggering your eating? If you are ready to begin a comprehensive plan that provides freedom in every area of your life, this workshop is for you!

The weight we carry on the outside is often a result of the burdens encumbering us on the inside. If we can reduce our inner burdens of guilt, shame, stress, fear, grief, anger, disappointment, regret, and rejection; we can reduce the outer layers that reflect these inner struggles. In fact, if we can apply God's light to the dark places of our soul, we will remove the need to eat in excess as a defective means to find comfort and relief.

There are many options for weight loss management. The *Lose It For Life Extensive* is more than a food plan. It addresses the psychological, emotional and spiritual aspects of a healthy lifestyle. It incorporates the latest research, practical steps and biblical truth for achieving long-term success.

If the yo-yo of weight-loss and weight-gain has left you exhausted and frustrated, the *Lose It For Life Extensive* will deliver the success and the peace you're looking for.

Who Should Attend

Anyone who has tried diet programs and experienced the joy of making progress only to be followed by the shameful defeat of gaining back the weight. Those ready to get to the bottom of their inability to lose weight and keep it off.

You'll Learn About

- What you eat & what's eating you
- Obsessions & compulsions
- Importance of connection
- Rethinking fitness
- Relapse prevention

Cost and Value

- 5 teaching sessions
- 4 small group process sessions (4.5 total hrs) facilitated by a credentialed New Life Network Counselor
- (5) 10 minute exercise sessions



- Lose It For Life book, exercise bands, exercise ball, & exercise weights
- Following the workshop you'll receive:
 - (5) weekly group coaching sessions via Zoom
 - (3) 30 minute individual health consults every other week
 - (5) 60 - 90 minute weekly exclusive videos
- (42) daily email devotionals
- Registration Rate:
 - Super Early Bird - \$999 per person (expires 1/31/22)
 - Early Bird - \$1,200 per person (expires 3/4/22)
 - Regular - \$1,400 per person

Format & Requirements

The workshop will be held through the use of online video conferencing. Attendees must have:

- A computer or tablet with audio and video capabilities
- An internet speed sufficient for live stream video (Note: New Life is not responsible for any technical issues with your device and no refunds will be given should your device not be able to adequately stream this workshop.)
- A private room where you will be able to focus on the content being presented and interact with your fellow group members with no distractions

Process Groups

All workshop attendees participate in general sessions then breakout into process groups. In the groups, facilitated by a New Life Network Counselor, you will process the information presented in the main sessions. You will have an opportunity to connect and share with the group your story and create a plan for when you go back into your daily life. There is a ratio of one counselor for every seven to eight attendees.

Registration

Register by calling us at 800-NEW-LIFE (639-5433) or at newlife.com. Register early! Space is limited.

- Registrants must be at least 18 years of age.
- Special discounts are available for Club New Life members and those who have attended other New Life workshops. *(You must call to receive the Club New Life and Alumni rates. These rates are not available online.)*

Cancellations

- If you cancel 14 days or more prior to the workshop, you will receive a refund of the amount you've paid minus a cancellation fee of \$100 per person for online.
- If you cancel less than 14 days before the start of the workshop or do not show up for the workshop, no refund shall be given.



Health Insurance Coverage

Unfortunately, insurance companies do not reimburse for programs like this. You may be able to consider the cost of the workshop as a deductible medical expense for federal tax purposes. The IRS does not make specific rulings about the tax-deductibility of a particular program, so check with your tax advisor.

Speakers



Steve Arterburn

Steve is the host of the #1 nationally syndicated Christian counseling talk show, *New Life Live*, heard and watched by millions each weekday on over 180 radio markets nationwide, SiriusXM Satellite radio, and on the NRB television network. Steve is also the founder of the Women of Faith conferences attended by over 4 million people.

Steve is a best-selling author of books such as *Every Man's Battle*, *Healing Is a Choice*, *Lose It For Life*, *Take Your Life Back*, and co-editor of *The Life Recovery Bible*. With over 10 million books in print, he has been writing about God's transformational truth since 1984. He has been nominated for numerous writing awards and won three Gold Medallions for writing excellence.

Steve has degrees from Baylor University and The University of North Texas, as well as two honorary doctorate degrees, and is currently completing his doctoral studies in Christian Counseling. He resides with his family in Carmel, Indiana.



Michelle Spadafora

Michelle's passion is helping people take a biblical approach to exercise, healthy eating, and spiritual development. She has been in the fitness industry for over 35 years. Several years ago when she became a Christian, she began incorporating her faith into her workouts. Her hope is for people to find peace and joy in the journey toward physical and spiritual health.

She is the founder of *Faithful Workouts* whose exercise program has aired on *DIRECTV*, *NRB Network*, *Roku* and *the Miracle Channel*. She has also produced numerous fitness videos that include cardio, strength training, core, flexibility, balance, and stretching. All of her workouts are done to upbeat contemporary Christian music.

Schedule

Time				
PT	MT	CT	ET	
7:00 AM	8:00 AM	9:00 AM	10:00 AM	Beginning of Day
5:00 PM	6:00 PM	7:00 PM	8:00 PM	End of Day

