

Eat to Lose

Andi Holyfield's Program is Tailored for Individuals

CONGRATULATIONS TO BRAD AND JENNIFER for their successful weight loss! This couple has been on a weight loss journey together for 14 weeks with Andi Holyfield and they feel great!

By following the Eat to Lose program, Brad has lost 44.4 pounds, 5 inches around his waist, 10% of his body fat, and 5 levels of visceral fat that can cause heart attacks at higher levels. Jennifer has lost 47 pounds, 6 inches around her waist, and over 5% of her total body fat.

Jennifer says that the feeling of losing weight with Andi's Eat to Lose program has been indescribable and energizing. She doesn't shy away from the camera anymore and feels confident in her success. Brad feels much better physically and mentally after this experience and says that this is a program they intend to implement even after reaching their target weight.

The greatest success in their eyes from following this program aside from their own weight loss is the ability to implement Eat to Lose within their own family. Their daughter and Jennifer's mother have both lost weight by picking up healthy habits that Brad and Jennifer follow. Both Brad and Jennifer agree that this program is not necessarily a diet but a lifestyle change that is very easily maintained. They loved having an accountability partner in each other as well as in Andi who motivated them to become the healthiest version of themselves.

Andi is a registered dietitian and licensed nutritionist that has been in practice for 15 years. She has had many successful clients that have followed the Eat to Lose program. Between her 75 clients, a total of 1,270 pounds have been lost. Andi has received 4 awards for her success and has been recognized on a national and local level.

During her career, Andi has worked with sports teams, families, college students, pediatric clients, diabetes patients, bariatric patients, Polycystic ovarian syndrome patients, rheumatoid arthritis patients, and local companies to help them become the healthiest version of themselves that they can be. Her goal is to help clients lose weight in a manner they will enjoy. Dietary changes that she implements with this program are portion control and choosing healthier foods for snacking and meals. Andi customizes a plan with healthy food items based on each client's personal preferences to ensure that it is enjoyable to the client. She even factors in clients eating at restaurants and customizes a menu for individuals based on their preferences and the restaurant's menu items. There is no cookie cutter way to diet since every client is different so customization is key to this program. Andi is currently working on a new book for the new year and is excited to work with new clients to help them achieve their goals.

Appointments can be made with Andi at her office in the MAC of Monroe, Louisiana. She can also make on site visits for companies to work with larger groups or work remotely through zoom meetings. Group discounts are offered for clients and most insurances will cover the Eat to Lose program. We hope that your holiday season has been wonderful and look forward to helping you accomplish your goals. Happy healthy New Year!



ANDI H. HOLYFIELD

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Available for personal, team or corporate consulting!