

TrimTalk keeps support staff on the line

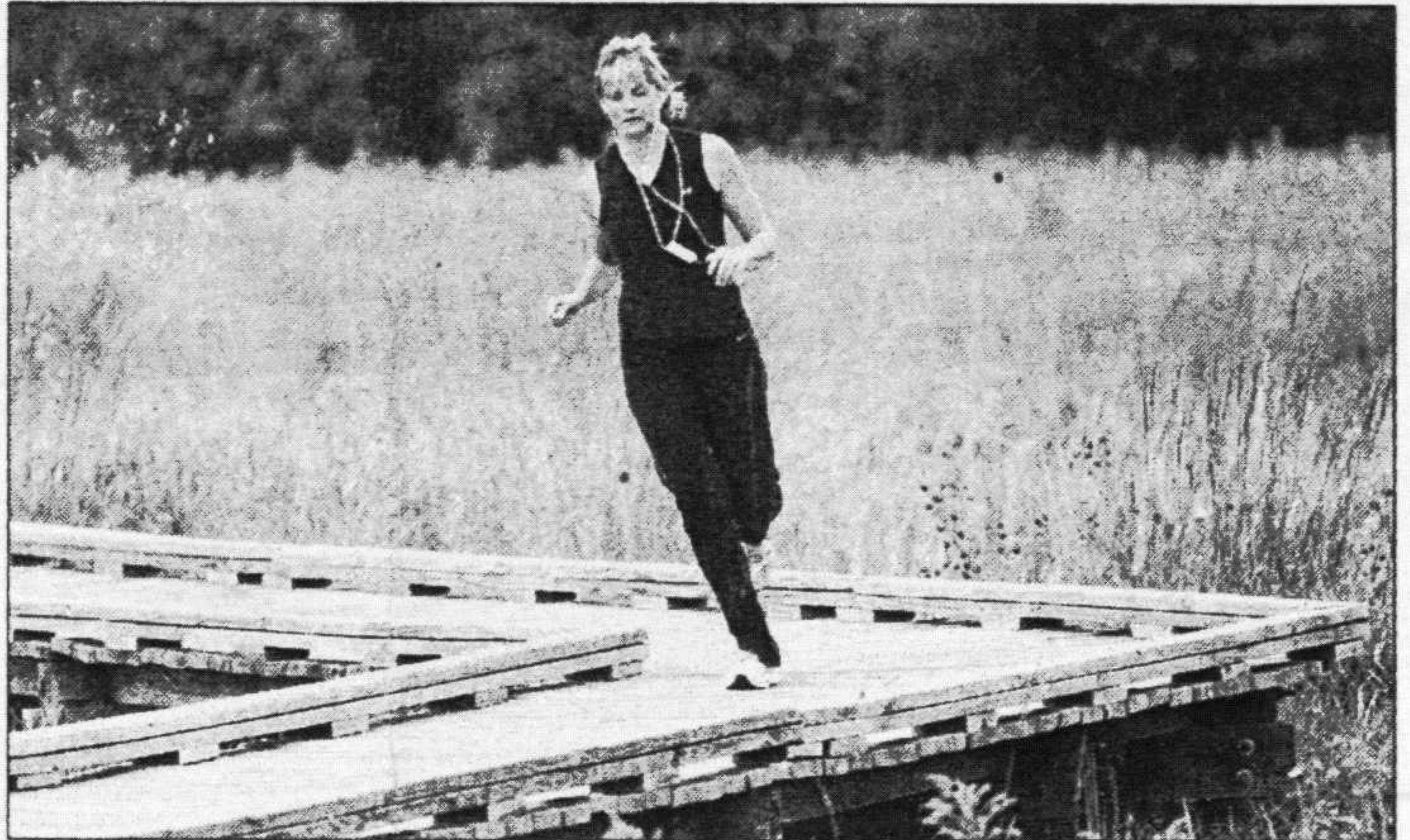
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PRNewswire

TrimTalk, a leading provider of live/remote, expert-based weight-loss coaching and emotional support services, is offering three program options structured around a fundamental weight-loss support system.

The core "Coaching Support" program offers expert guidance and encouragement via weekly one-on-one toll-free telephone sessions with a professional weight-loss coach. Anyone can use the "plug-and-play" service, whether self-directed or on a structured diet or fitness program.

Subscription-based TrimTalk offers members direct access to live professionals, along with commonsense diet and fitness tools to help them reach short- and long-term goals. Weight-loss coaches are accessible to members from 5 a.m. to 11 p.m. CST, seven days a week.

The phone-based coaches provide as-needed professional



McClatchy Newspaper

Weight loss and fitness are taking ever wider turns. Now you can get fitness direction through a subscription plan.

guidance, support, motivation and structure. A complete team of fully credentialed staff specialists include a gastroenterology physician, registered and licensed dietitians, exercise physiologists, social workers

and weight-loss consultants.

TrimTalk claims its program offers a human alternative to Internet-based diet chat rooms, online group meetings, and bulletin boards. For more information, visit www.trimtalk.com.