



THE GREATEST WEIGHT LOSS MYTHS OF ALL TIME

with Rich Weil, M.Ed., CDE

Founder and Director

Transformation Weight Control

It's fair to say that in my 44-year career I've pretty much heard everything there is to say about weight loss, truth and fiction alike. In this webinar I'll discuss all the myths I can possibly think of after all of these years. Not only will I identify them and debunk them, but I will explain the science to you as to why they are myths.

If you have something you're questioning and would like me to explain, send it to me ahead of time! Just email it to me at rich@transformationweightcontrol.com I hope to see you!



Rich Weil, M.Ed., CDE

Rich is an exercise physiologist, certified diabetes educator, and founder and director of Transformation Weight Control. In his 44-year career as a clinician and researcher, he has worked at virtually every major hospital-based weight loss program and diabetes clinic in New York City. He has given talks all over the country to health-care professionals and the general population about weight loss, diabetes, exercise, and health, has written dozens of articles on these topics, and has appeared in the media countless times. He has run thousands of groups in his career, and in this webinar, he will share his insights and knowledge about many of the weight loss myths he has heard over all that time. Rich frequently says the number one fear in the country is speaking in public; he says he has a fear of NOT speaking in public! Join him for an enlightening exciting, and fun webinar!