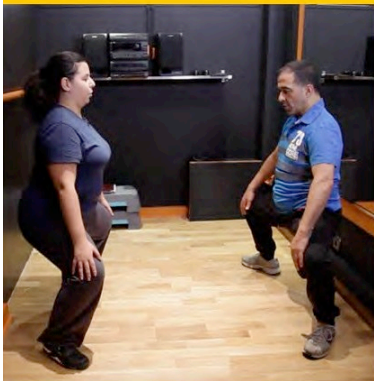




*Eat your way  
way to weight  
weight loss*

# Smart and Light

## *Press Book*



**On line  
Program**

**LEARN TO LOSE WEIGHT AND BECOME YOUR OWN COACH**

# The Concept

## LEARN TO LOSE WEIGHT AND BECOME YOUR OWN COACH

Our main objective, is to give our participants, all the possible assets to succeed in their long-term transformation. Learning through a unique coaching method, and with a complete , easy, natural and effective care. Learning, Love, Listening, Respect, Guidance, Freedom and Pleasure of the Senses, (thanks to the discovery of a Gourmet and Unlimited Slimming Cuisine), are the strengths of this program, and allow our participants to step on a deep and definitive journey of transformation, and eventually be able to retransmit their new achievements and knowledge.

"Smart and Light assumes that in order to be successful in getting to a healthy weight, it must first be prepared and stimulated, everything must be easy, convenient, never feel lonely, or be lost during this journey of transformation. "

For the obese or overweight person, nutritional coaching is essential. Learning to cook and to eat in a healthier and delicious way, is one of our major goals. We attach great importance to the concept of Tasty Light Food, and encourage our users to cook delicious and dietary recipes, worthy of the greatest restaurants, learning how to prepare it themselves, tasting our recipes during cooking classes, and above all, eating in unlimited quantities. This is an essential asset for them. But the greatest of our program's success factors is to place our participants in a situation of rapid success, thanks to the coaching sessions which give them from the outset, an important stimulus that will help to initiate the program with the confidence of success and serenity.

- Feeling accompanied with respect and expertise, also stimulated and guided ;
- Discover, enjoy and learn to make delicious dietary recipes ;
- Rediscover one's body slowly, and the joy of movement and being re-energized ;
- Being reborn to a forgotten self, wanting to move forward be in touch with one-self;
- Finally and definitively master one's life, body, and mind.



# Successes that Speak for Themselves

ONE THOUSAND PARTICIPANTS HAVE SUCCEEDED IN THEIR TRANSFORMATION AND ADOPTED A GREAT ATTITUDE

**Learn a proper lifestyle, adopt it fully, and change serenely and in the long term.**

Smart and Light provides the necessary tools to responsibly change lifestyle, food, and behavior, to find the mastery over oneself and to calmly continue to change until reaching one's healthy weight. This remains the priority of our training method.



**Jana, age 23, 63 kilos in 13 months**



"Everything changed radically in my life. I was transformed. My body took on shapes I never new I had."



**Elyes, age 34, 66 kilos in 6 months**



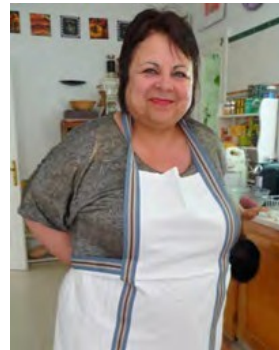
"This is not one more trendy diet, this is a new lifestyle that fits me."



**Mehdi, age 13, 25 kilos in 5 months**



"With Smart and Light, I left behind the mockery and all that goes with it."



**Anne, age 55, 40 kilos in 5 months**



"Not only did I lose 40 kilos, but I felt the desire to join the Smart and Light team and open the program in Canada!"

# A Social Necessity

## OBESITY: A GLOBAL INTERNATIONAL EPIDEMIC

### The reality of obesity in the world

Worldwide, 2.1 billion people are now overweight or obese. This represents 30 % of the world population! Developing countries are increasingly affected, but developed nations remain the main victims of this epidemic.

**Obesity kills 42 times more than war, and everyday in the world 7000 people die everyday of Obesity, seven thousand people everyday...**

### The very real health impacts of obesity

People, who are obese, compared to those with a normal or healthy weight, are at increased risk for many serious diseases and health conditions, including the following:

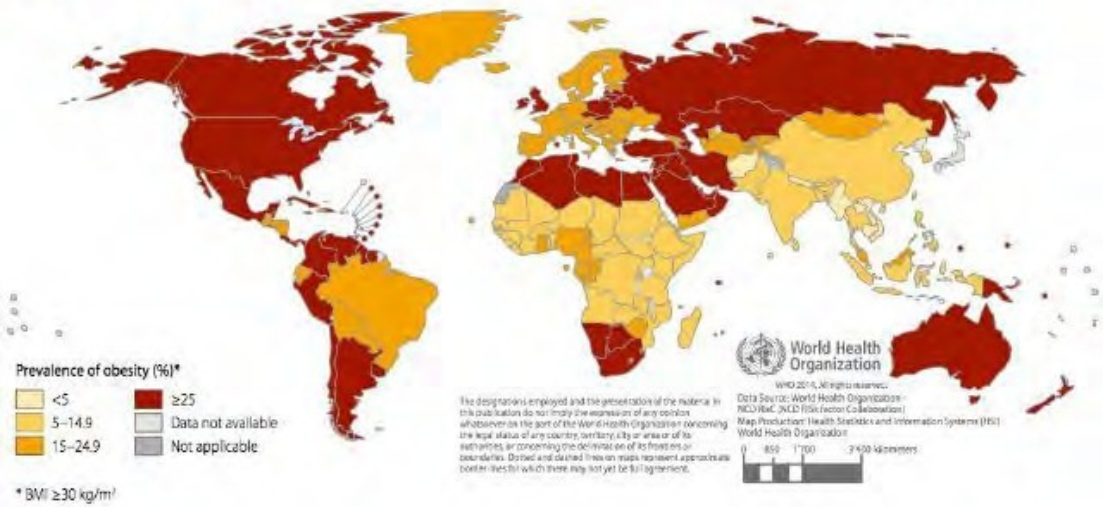
- All causes of death (mortality)
- High blood pressure (Hypertension)
- High LDL cholesterol, low HDL cholesterol, or high levels of triglycerides (Dyslipidemia)
- Type 2 diabetes
- Coronary heart disease
- Stroke
- Gallbladder disease
- Osteoarthritis (a breakdown of cartilage and bone within a joint)
- Sleep apnea and breathing problems
- Some cancers (endometrial, breast, colon, kidney, gallbladder, and liver)
- Low quality of life
- Mental illness such as clinical depression, anxiety, and other mental disorders
- Body pain and difficulty with physical functioning

Extract from the Centers for Disease Control and Prevention:

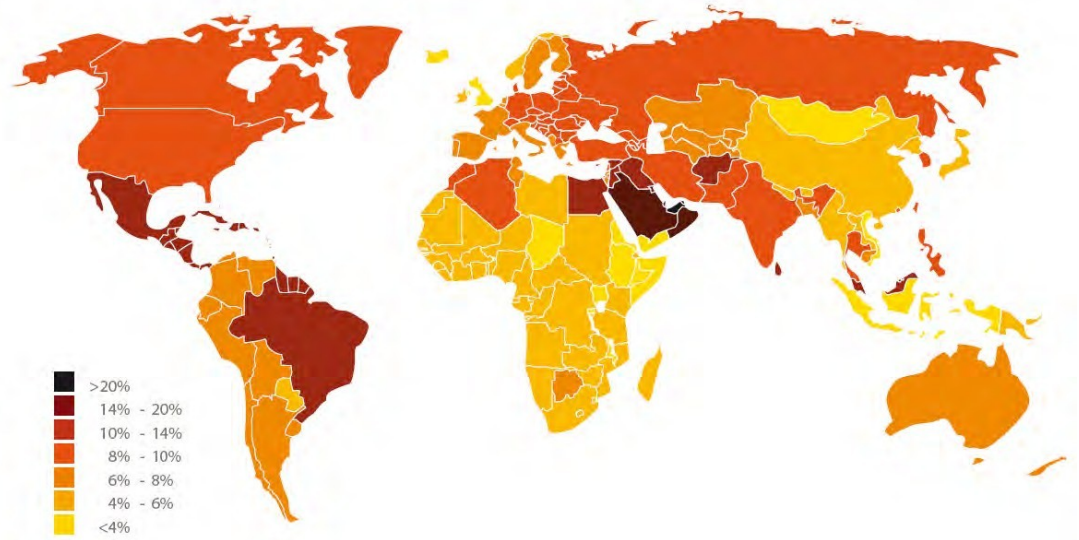
<http://www.cdc.gov/healthyweight/effects/>



**Fig. 7.2** Age-standardized prevalence of obesity in women aged 18 years and over (BMI  $\geq 30$  kg/m<sup>2</sup>), 2014



Prevalence estimates of diabetes, 2025



SOURCE: DIABETES ATLAS THIRD EDITION, © INTERNATIONAL DIABETES FEDERATION, 2006

# The Founding Members

## Sophie Reverdi: Founder and President of Smart and Light



Sophie Reverdi was an obese child and adolescent. She knows well the physical and psychic pains that go with obesity. After trying everything in vain, she underwent invasive bariatric surgery in the United States at the age of 18, lost 80 kilos, but has since, suffered many sequels.

Twelve years later, pregnant with twins, she is overweight again. She meets Dr. Albert Chocron, a renowned Parisian nutritionist, who helps her to lose very easily, all her overweight in 3 months. Doctor Chocron's program is really smart, and inspires her, and with his agreement, he allows her to lay the foundations of her future coaching

method. Helping obese people to lose weight without pain, is all she has been dreaming of since childhood, with a special focus on children and adolescents.

After having obtained very convincing results with her "unique method of coaching", which she calls **Smart and Light**, Sophie Reverdi was solicited in 2004 by the Ministry of Health in Tunisia, and collaborated with eminent experts on obesity, diabetes, cardiology and endocrinology, to confirm her method. She worked for ten years with the Institute of Nutrition, while coaching privately, in the **Smart and Light Center** she created, allowing hundreds of people to regain their weight health. Back in France since 2012, Sophie offers a "tailor-made personal coaching" to her clients, as well as a brand new **Online Program**, to enable as many people as possible, to access this method that has convinced all the health authorities. Sophie Reverdi, utterly dedicated to the program she created, and being asked by numerous successful clients around the world, to built up a Course, with a Smart and Light coaching certification for next generations of coaches. As a successful participant, it is important to share the instrument of one's victory, and its also human and spontaneous, but it can also become a business opportunity, to become a coach and help those in need. Giving back what you received... Sophie and her team are working on this new goal right now, which will also allow the program to multiply its strengths, supporting the struggle and the vision.



## Jana Vitezova: Co-fondatrice et coache certifiée Smart and Light



I am Jana Vitezova, certified coach of Smart and Light since 2004. I am the happy and proud mother of four wonderful little girls, and I lived in Luxembourg for past ten years, where I work and raise my daughters.

I would like to start by telling you about my particular "love story" with Smart and Light, and also how Smart and Light saved my life fifteen years ago, in 2003. My encounter with Sophie Reverdi was an extremely important one in my life, and I have since dedicated myself to this **lifesaver program**.

Thanks to this program, I was able to lose in 13 months, 63 kilos. This overwhelmed me deeply. When Sophie told me that she could help me lose weight, I did not believe it, but that was the case. Not only did it allow me to lose weight, but to have another vision of myself, of my strengths, of my potential to change, to become the change I dreamed of, and to discover another vision of the world that surround me.

I met Sophie in 2003. I was as lost and locked in a deep chasm, in an endless circle with my weight and with my life in general. This program saved my life but also showed me the ability that everyone has in the inner depths of their being to change, to succeed, the ability to say and mean: I want to change, I want to live another life, a better life, full of good things, of love, of positivity and filled with a multitude of new possibilities to improve.

I have not only lost weight, I have found meanings in my life, a greater and more noble commitment, to want to help people who needs it too. Sophie and I opened the first Smart and Light Center in Sidi Bou Said in 2004, in Tunisia. We worked together in Tunis and in partnership with the Ministry of Health. In 2008, I continued my coaching from Luxembourg, when my husband was transferred there, it was now almost ten years ago.

I learned with Sophie how to take better care of myself, but also how to lend a hand to people who are looking for a better quality of life, healthier, more dynamic, more optimistic. The cause of the children is also very dear to me, and I attach great importance to the children's cooking and their well-being. I can coach you either by Skype, or face-to-face in Luxembourg or Belgium, and I also receive in my Dalheim office in Luxembourg. My coaching can be done in French, English, Italian and Slovak.

The program that changed my life is there, at your fingertips, let me help you start this beautiful journey to the real world. You will see the extraordinary change that will take place in your life. If you feel like reading my testimonial:

<https://www.smartandlight.com/NewVersion/index.php/pf/jana-france/>

## Mehdi Hajji: Director of the Smart and Light Web platform



Graduate of the National School of Engineers of Tunis, in computer engineering, Mehdi is above all a mathematician, a scientist and a creative. He is passionate about computer science, since a young age and aims to master all the parameters, especially the most complex. Apart from all the codes and integration languages that are for him a playground, he is also at the forefront of new technologies, and new trends in the web, especially aware of the infinite preciousness of the communication tool he handles, he plays with images and techniques that can sublimate him, to better seduce his target.

It was in 2006 that Mehdi joined the team of Smart and Light and took over the existing site, which was then a showcase site. Very quickly, he realizes that Sophie Reverdi, at the head of an innovative and ambitious idea, which will prove to be the largest building site of his computing career, and certainly the most complex, and he will get involved with all his being, with his talent, his skills, his mastery and with an unconditional loyalty in the project. In 2010, Mehdi laid the foundation stone of the **Online Program** website with the other members of the team, and initiated the creation of this very beautiful project.

## Tarek El Ouaer: Artistic Director of Smart and Light



Graduate of the Beaux-Arts School of Tunis, this painter, who was born in Carthage, is hypnotized by art in all its forms. He wants to master all the “avant-garde” techniques that now participate in the dissemination of Art, and obtains a degree in Graphic Design and Graphic Art. He masters everything and excels in painting, drawing, 3D animation and VFX, computer graphics, editing, print, illustration, as well as in video editing and editing, both in photography and art direction. a special effects specialist for the cinema. In a word, he knows how to do everything and does it well.

It was in 2005 that Tarek was entrusted with the model of the Smart and Light Logbook. He succeeded in giving life to Sophie's coaching program, by designing a particularly practical and engaging book, that will become the program's "Bible". He also conceives the graphic charter and the visual identity of the brand, restores a new tone to the site and all the ancillary supports of Smart and Light. In 2010, Tarek starts with the other members of the team, the design of **the bilingual Online Program's website**, whose huge project will last 5 years. A very large-scale work in which he will bring his many skills with the eye of an expert and complete artist who knows his subject.



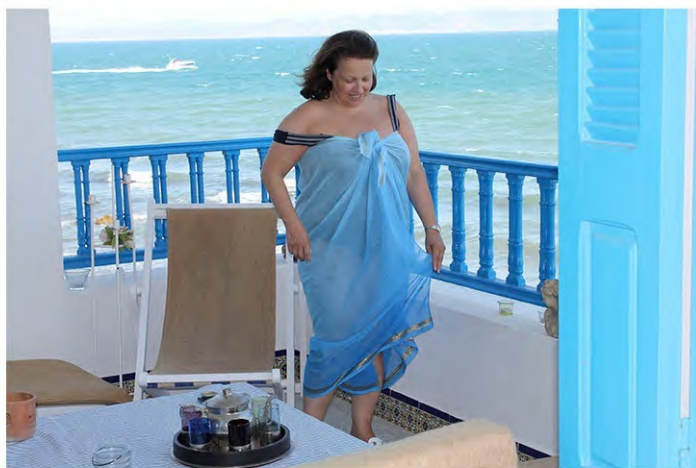
# Countries of implantation

## 2004, TUNISIA: THE BEGINNING OF A LIFESAVER PROJECT

Between 2004 and 2012, Sophie developed the project with the support of the Tunisian Ministry of Health and medical authorities.

The project grew from humble beginnings as word of mouth, the media, and health authorities carried the news. There, over a thousand people regained their healthy weight. Smart and Light became a real phenomenon, participants come from throughout the country and around the globe. **Obesity was no longer a fatality...**

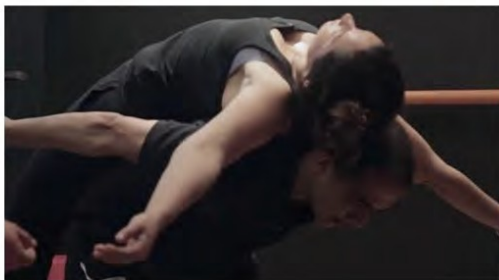
### Our first Smart And Light Center in Sidi Bou Saïd



## 2013, FRANCE: OPENING OF A CENTER IN PARIS

In 2012, Sophie returned to France and started work on a new **Smart and Light Center** right next to the Trocadéro. It opened in 2013.

More than a "Center", it is a warm and cozy cocoon halfway between Champs Élysées and the Eiffel Tower, with a great team of handpicked coaches dedicated to providing their expertise and support to new participants of the program.



- Benjamin Le Moal, our young chef, illuminates our kitchen with his creativity
- Flavien Milon , our image consultant, reveals hidden beauty in our Beauty Parlor
- Mohamed Khatiri , ex-champion an sports coach, takes you to your new "YOU"
- Jean- Paul Meunier, naturopath, soothes you and brings you back into balance

## 2015, GOING INTERNATIONAL



### In 2015, Smart and Light and the new technologies.

2015 is the culmination of a major project initiated in 2010: the **Smart and Light Online Program**, an original and fun 60-day coaching program, to "learn to lose weight" through video tutorials and specific information. Smart and Light is now accessible to all overweight and obese people.



To learn more about our one on one coaching sessions in Paris or Luxemburg, or about our Online Program, visit our website: [www.smartandlight.com](http://www.smartandlight.com)





# Coaching tools

## OUR TEACHING MEDIA

### The Online Program , a unique tool to "learn to lose weight."



The **Online Program** follows the methodology of Smart and Light, and offers a complete and unique training online, through video tutorials that are practical, fun and motivating. This 60-day program lets the user start losing weight immediately, improve his or her lifestyle, and become independent until reaching his or her healthy weight.

The user receives daily, and over a period of 2 months, **220+** behavioral coaching videos, lessons in delicious and healthy cuisine, a gentle re-introduction to the sport, dozens of cooking tips, (starters, main dishes, deserts and snacks), daily motivational sentences, menu ideas, and fifty personal testimonials of people who went through similar aspects of obese or overweight life and succeeded in their transformation with the program.

### Le Logbook, both a book and a method



The Smart and Light Logbook includes organizational advice, health information, and gourmet, dietary recipes dietary, and many testimonials from the program's previous participants, in order to give the reader the knowledge , inspiration and stimulation to move forward as easily and comfortably as possible and become autonomous in terms of the mastery of their own weight.

### Obesity or the disease seen from within



This book aims to describe the circumstances of the life of an obese person. It is intended to help family members, and gives data to better understand the situation, and really understand the ins and outs of this disease, to be on familiar ground, to see what obesity feels like, and finally to make progress without judgment, threat or deprivation.



**En 2019, Sophie Reverdi's new book « The intuition of the zéro » ( only in French)**

**To know more about the book :**

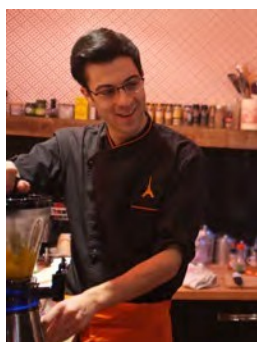


Paper version: <https://www.amazon.fr/Lintuition-z%C3%A9ro-coup%C3%A9-Sophie-Reverdi/dp/2376921333>

E-book: [https://www.amazon.fr/Lintuition-z%C3%A9ro-coup%C3%A9-Sophie-Reverdi-ebook/dp/B07RJQY8LP/ref=tmm\\_kin\\_swatch\\_0?\\_encoding=UTF8&qid=1571111111&sr=8-1](https://www.amazon.fr/Lintuition-z%C3%A9ro-coup%C3%A9-Sophie-Reverdi-ebook/dp/B07RJQY8LP/ref=tmm_kin_swatch_0?_encoding=UTF8&qid=1571111111&sr=8-1)

## OUR OTHER PLUS +

## DAILY HOME-MADE DELIVERY OF REFINED, LIGHT AND ORGANIC CUISINE



Our chef Benjamin Le Moal offers fresh, light and organic Lunch boxes and Snack boxes, during the two months of program.

The menus are specially designed according to the specific criteria of Smart and Light, and Benjamin prepares meals daily in his kitchen laboratory in SaintCloud.

We are currently distributing in Paris and western suburbs. But Benjamin is also able to arrange light and gourmet meals at home, at the office, as well as cooking classes in our Smart and Light center or a kitchen of your choice.



## THIS OFFER ONLY AVAILABLE FOR OUR PARTICIPANTS

Smart and Light International / 32 Avenue Mozart 75016 PARIS / SIRET: 809 612 278 00014

Contact us : [contact@smartandlight.com](mailto:contact@smartandlight.com)

[www.smartandlight.com](http://www.smartandlight.com)

Contact RP : Guilaine Depis mail: [guilaine\\_depis@yahoo.com](mailto:guilaine_depis@yahoo.com) Tel +33 6 84 36 31 85

# Our team of coaches

## Our coaches in Paris and Luxembourg



SOPHIE REVERDI  
Essential coaching



JANA VITEZOVA  
Essential coaching



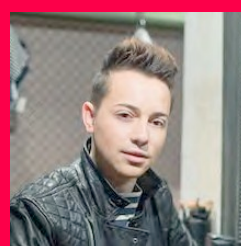
BENJAMIN LE MOAL  
Cooking coach



MOHAMED KHATIRI  
Re-initiation to sport

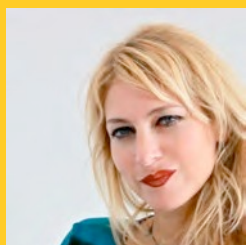


JEAN-PAUL MEUNIER  
Naturopath



FLAVIEN MILON  
Image consultant

## Our Online Program coaches



SOPHIE REVERDI  
Essential coaching



PATRICK LATREILLE  
Cooking classes



ANIS ABDELHAK  
Re-initiation to sport

# The Doctors

## MEDICAL VALIDATIONS OF THE PROGRAM

### Doctor Albert Chocron, nutritionist in Paris



"This totally new and valuable book explains step by step to the reader, the path to be taken during the 60 days of initiation to the method but also allows them to reflect on their own life circumstances. To read this Book is to access the power to change your life while losing weight with ease, to discover new ways of cooking, to access a healthier life and greater self-awareness of the body.

But the main idea is mainly to learn to lose weight, to become one's own coach, and never having to continue the chaotic journey of someone who is overweight or obese and trying to change."

### Professor Khémaïs Nagati, co-founder of the Institute of Nutrition of Tunis



"The wealth of information contained in the method, the clarity of its objectives, and the process of the Smart and Light program enable users to not only learn how to lose weight but to become masters of their lives. The idea of attractive food, far from any withdrawal or deprivation, is central to the revival and strengthening of the self, in association with physical activity tailored to the pace of overweight people. In short, Sophie Reverdi offers us, through her years of research and personal experience, an invitation to move forward in the fight against obesity and the prevention of its consequences."

### Professor Edward E. Mason, inventor of obesity surgery in the United States



"The Smart and Light method is of special interest to me, because there are millions of people worldwide who can not get treatment. It is necessary that the largest possible number of people get a safe and effective aid to learn to live, eat, exercise and change their lifestyle to maintain a healthy body.

Sophie Reverdi knows the difficulties of the life of an obese... She knows that some need more than an operation, and has developed a program that can save lives without surgery, and furthermore, which helps patients after surgery."

**For more information on medical validations of Smart and Light, you can go to <http://www.smartandlight.fr/medical-endorsements/>**

Smart and Light has always seduced the scientific world, by its benevolent efficiency, its humanity, as well as by its passionate and determined fight led by its founder, Sophie Reverdi, for the cause of the obese

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Contact RP : Guilaïne Depis mail: [guilaïne\\_depis@yahoo.com](mailto:guilaïne_depis@yahoo.com) Tel +33 6 84 36 31 85



# In the press

## THEY SPEAK ABOUT US

**Michèle Fitoussi, editorialist at ELLE Magazine**

Michèle wrote the preface of our book, the **Smart and Light Logbook**. Excerpt:



She invented this "Smart and Light" method. 80 kilos of unnecessary flesh overboard. Gone. Disappeared. A bad memory. And do not come back. Ever."You have to read these testimonials and you have to believe them. She knows how the look of others affects us, what it means to us. She also knows the price of precious freedom. She is an angel. And there, in Paradise, all on a diet... But it is now so joyful, that is almost a sin..."

## IN THE TUNISIAN PRESS



[Listen to the podcast >](#)



**A short list of magazines that talked of Smart and Light**

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### Science + Magazine

Smart and Light is ultimately the result of a real reflection on a very difficult pathology but for which solutions exist."

### Nuances Magazine

Sophie Reverdi has developed a program that will help the overweight or obese person to learn about her body in a different way, regain control of her potential, and establish a new food program."

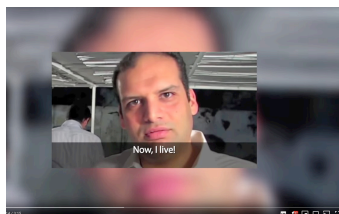
**Tunivisions TV and Magazine** "Smart and Light reflects a logical alliance of the most powerful, unique and innovative tools in the field of weight loss."

**The Press** "The following interview is part of the continuity of these questions [obesity], since Sophie Reverdi is one of the specialists in the field who has [...] worked for many years in Tunisia. Her new Online Program is validated by eminent experts (www.smartandlight.com) Sophie Reverdi has found the precious support of renowned specialists like Professor Nagati, Ridha Kechrid, Dr. Ridha Mzabi to name just a few of them."

## LINKS TO A COUPLE OF VIDEOS:

**Our first Smart and Light Center in Sidi Bou Said ( one year opening party)**

<https://www.youtube.com/watch?v=IED3uWi3kHc>



**Launching of our Smart and Light Center in Paris**

[https://www.youtube.com/watch?v=\\_gl0q0UTqB](https://www.youtube.com/watch?v=_gl0q0UTqB)

8

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**Public Relation of Smart and Light in France**

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