



Germana
HEALTH SYSTEMS



LIFESTYLE CHALLENGE 2012
Nanaimo, BC

Honestly, does your lifestyle need a make-over?

Do you want to feel Better Overall?

Have you had a hard time staying fit and active?

Are you carrying a few pounds that (you would like to see gone?)

If you answered yes to any of these questions, then this 3 month program is for you!

lose weight, gain muscle, reduce stress, increase energy and look and feel better.

Participate LIFESTYLE CHALLENGE

It takes about 3 weeks to start a habit. We all want to feel better.
Take the guess work out and know what works for you.
I am hosting this LIFESTYLE CHALLENGE to help you be your
personal best.

If your time restricted this is for you!
If your cash restricted this is for you!
If your in a rut, this is for you!

This 12 week LIFESTYLE CHALLENGE is designed to change old
habits into great habits!

**Invest in Yourself !
Achieve Your Goals!**

Early Bird Rate \$170.00 Per Person

After December 31st \$220.00 Per Person

- 3 personal training sessions (One per month)
You can top up your training with 10% off rack card rates
- 2 Health & Nutrition Lectures
- Grocery shopping field trip
- Nutritional support
- One Coaching Session
 - Weekly nutrition reporting feedback
 - Accountability
- Be your Personal best
 - Its time

When is it?

Start Date: January 28th 2012

End Date: April 21st 2012

Spring will be here and You're In Great Shape!

Early Bird Rate \$170.00 Per Person
After December 31st
\$220.00 Per Person

\$ 50.00 non-refundable deposit is required upon registration.

What is your reward?

The reward of health is without a doubt priceless.

Check your waistline : Total Inches lost

Before and after pictures : Which body do you want?

Energy and Vitality : Rate how you feel

Registration Form

Name _____

Phone number _____

Date _____

Deposit or PIF _____