Special
Weight Management Courses

Congratulations!

You have taken the most important step toward your own, unique healthy lifestyle.

Our **Special Weight-Management Courses** are designed to help you achieve your goals in the most **effective**, **time-efficient** manner possible. Here's how. Together, we'll incorporate the **3Ps**:

1.) Proper Nutrition
2.) Productive Training
3.) Positive Motivation

Plus, you'll receive a **Personalized Menu Plan** based on your specific characteristics including age, gender, body attributes and goals.

Plus, all courses include:

- **Daily Journal**—Daily tracking log to monitor your own exercise and nutritional intake
- **Reference Manual**—12 Chapters of basic physiology written in lay terms — how your body really works
- **Nutritional Supplements** (optional) for those who wish to take advantage of the benefits of supplementing their nutrition plans.

Most importantly, we have designed several different curriculums. This way you can determine the best course based on your budget, schedule and desired level of fitness.

Let's get started!

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A Personalized Course Just for You

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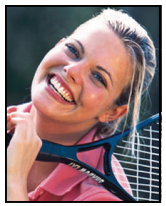


4-Week Quick-Start

The **4-Week Quick-Start** is a short fast-track education. It's also one of our most popular courses. It begins with an **initial fitness evaluation**. Based on those results and factors including **stress, eating habits** and **gender**, we develop a **personalized nutrition menu** plan designed just for you. Then, we teach you how to use an exclusive **Food X-Change** list that allows you select all the **foods you love to eat** - yet, stay within your personalized nutrition template. Are you ready to get started?

The 4-Week Quick-Start Course includes:

1 - Fitness Evaluation / Personalized Nutrition Plan
2 - One-on-one counseling sessions
2 - Body-fat / weight ratio - in. measurements
1 - Daily Nutrition / Exercise Journal
1 - Nutrition & Exercise Reference Manual
1 - Starter Pack of Multi-Vitamin / Mineral Formula*
* Supplements Optional

8-Week Super Course

The **Super Course** is 8-weeks of hands-on fitness service. It begins with an **initial fitness evaluation**. Then, you will meet once each week for 7 weeks with your Fitness Counselor.

During these weekly sessions you will learn about your **metabolism, exercise** and **food relationships**. We'll also monitor your progress and make adjustments as you begin to achieve your fitness or weight-management goals.

The 8-Week Super Course includes:

1 - Fitness Evaluation / Personalized Nutrition Plan
7 - One-on-one counseling sessions
2 - Body-fat / weight ratio - in. measurements
1 - Daily Nutrition / Exercise Journal
1 - Nutrition & Exercise Reference Manual
1 - Starter Pack of Multi-Vitamin / Mineral Formula*

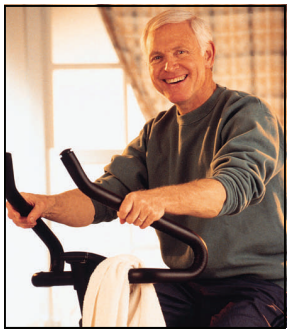
Bronze Level Course (8 weeks)

You used to exercise, but it's been a few years. And now, all the equipment looks so different. **Well, it is different**. Exercise technology has made tremendous advances in just the past two years.

The **Bronze Level Course** combines **state-of-the-art nutritional design** with **private training** to provide the most time-efficient and cost-effective fitness / weight-management course available. Your Personal Trainer works out with you and updates your exercise regimen once a month to ensure you reach your fitness, weight-management and lifestyle goals.

The Bronze Level Course includes:

1 - Fitness Evaluation / Personalized Nutrition Plan
3 - Personal Training Sessions
7 - One-on-one counseling sessions
2 - Body-fat / weight ratio - in. measurements
1 - Daily Nutrition / Exercise Journal
1 - Nutrition & Exercise Reference Manual
1 - Starter Pack of Multi-Vitamin / Mineral Formula*



Silver Level Course

(8 weeks)

In addition to your weekly personalized nutrition counseling sessions, the **Silver Level Course** puts you with your Personal Trainer once a week for 4 weeks and once every other week for a month (6 sessions). The **Silver Level Course** goes into further detail about **exercise technique**, **kinesiology** and **exercise physiology**. You'll learn everything from hand placement to special core muscle warm-up routines to enhance your workouts.

The Silver Course includes:

1 - Fitness Evaluation / Personalized Nutrition Plan
6 - Personal Training Sessions
7 - One-on-one counseling sessions
4 - Body-fat / weight ratio - in. measurements
1 - Daily Nutrition / Exercise Journal
1 - Nutrition & Exercise Reference Manual
1 - Starter Pack of Multi-Vitamin / Mineral Formula*

Gold Level Course

(8 weeks)

You've made up your mind. You plan to go for it all! The **Gold Level Course** is a no-nonsense, hands-on approach to achieving your weight-management goals. It is designed to ensure your commitment level stays strong in order to reach your personal success. You will meet with your Fitness Counselor once a week. You will also work out with a Personal Trainer twice each week for 1 month and once a week the second month (12 sessions). It is your own private weight-management camp. This curriculum of consistent coaching is a **one-way ticket to success!**

The Gold Level Course includes:

1 - Fitness Evaluation / Personalized Nutrition Plan
12 - Personal Training Sessions
7 - One-on-one counseling sessions
4 - Body-fat / weight ratio - in. measurements
1 - Daily Nutrition / Exercise Journal
1 - Nutrition & Exercise Reference Manual
1 - Starter Pack of Multi-Vitamin / Mineral Formula*

Course Prerequisites:

We simply ask for your **commitment**.

We take our support of you very seriously. In fact, empowering you through **education, motivation** and **inspiration** is our number one priority. That is why we offer an extraordinary level of support, much more than what other clubs or training facilities offer.

Just look at the results. Our clients change more than their weight (body-composition) and physical attributes. Through the knowledge they gain, they adopt a whole new lifestyle… filled with positive energy, positive self-esteem and a forward outlook. Let's get started!