

Consider Personal Training - 'B'-Abedder-'U' Starter Fit-Pak



Nervous? Irritable? Are you getting good night's sleep? Do you get tension headaches, neck and shoulder discomfort, back pain, or joint aches and pains?

Personal trainer/fitness leader Mike Clansey is accepting clients who want to introduce wellness into their lifestyle and be rid the above symptoms.

Mike: *"I recommend laying a firm foundation for your new healthy lifestyle that will stabilize and keep you from crumbling when the trials come. If you're serious about achieving the results you've desired for so long, selecting the 'B'-Abedder-'U' Starter Fit-Pak is the way to go."*

"The Starter Fit-Pak is designed for 2 people and since diet and eating habits are large parts of

"Mike provides a personal and encouraging workout experience. His (sessions) are fun and help to break down the barriers preventing you from exercising." Brennan G

achieving your fitness goals I've put together this winning combination investment for you and your friend. Achieving your goals with a friend will not only be fun, but cost significantly less!"

This great starter investment of \$330 per person (Reg \$625), is based on semi-private sessions (you and your friend) and incorporates:

- Semi-Private Initial Fitness Assessment Package (1.5hrs before and 1.5hrs after the month) / 2 Semi-Private Training appointments per week for 1 month (Altogether that is 10 appointments!)

SHOULD YOU HAVE A PERSONAL TRAINER?

A personal trainer helps you achieve maximum results, optimizing the exercises for your body and fitness goals whether they are weight loss, toning, increasing energy, stamina (keep up with the kids!), endurance, increasing leisure sports performance, or reducing stress and anxiety. We focus on helping you feel good allowing you to tap into the many benefits that result such as feeling and looking more attractive.

MY ROLE AS YOUR PERSONAL TRAINER

I'll design a comprehensive yet flexible, personalized program that will pave the way for you to achieve your goals. I'll support you through on-going education of safe methods and by staying focused on the rewards of success.

"I'm someone who has never gone to a gym - Mike offers a fun and non-intimidating workout. The cardio, core and weight training will help me prepare for my West Coast Trail trek! Thanks Mike for all your support." Rob G

GET YOUR 'FITNESS SOLUTIONS NOW!' ...

AND LIVE AGAIN!

*****Call now for your free consultation*****



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FITNESS SOLUTIONS NOW!®



Group Sessions, Personalized Training & Nutrition