

achieving your fitness goals just got easier...



Getting started on your journey to activity, health and vitality has never been easier or more affordable!

Certified Personal Trainer and Fitness Leader Mike Clansey is accepting clients who want to introduce wellness into their lifestyle quickly and painlessly.

"Getting started on your journey to activity, health and vitality has never been easier or more affordable! You'll find the 'Initial Assessment Package' a simple, pain free –

ready-set-go approach." - Mike Clansey CPT and Fitness Leader

This great starter investment of only \$99 is based on a private session and incorporates: Health screening (identifying risk for disease/medical contraindications to exercise etc.) / Standard Measurements / Cardio respiratory Endurance testing / Flexibility testing / Strength & Endurance testing)

"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

After the initial assessment I will develop your individualized program that will help us start you on your journey with 3 private sessions and attendance to the 60 minute nutrition basics seminar!

PERSONAL SUPPORT IS A VITAL COMPONENT OF ANY FITNESS BASED LIFESTYLE CHANGE...

That is why people who are serious about getting results invest in a personal trainer. Your 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.

MY ROLE AS YOUR PERSONAL TRAINER I will...

- Design a comprehensive yet flexible, personalized program that will pave the way for you to achieve your goals.
- Support you through on-going education of safe methods and by staying focused on the rewards of success.
- Focus on helping you feel good allowing you to tap into the many benefits provided by a fitness program, such as feeling and looking more attractive.

**FITNESS
MADE
SIMPLE...**



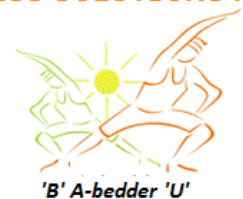
GET YOUR 'FITNESS SOLUTIONS NOW!'

AND LIVE AGAIN!

Call now for your free consultation

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FITNESS SOLUTIONS NOW!®



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Group Sessions, Personalized Training & Nutrition