

# 28-Day “Makeover” Package

**\$800**

## If...

- You have a wedding, reunion, big presentation or other special event coming up...
- You want to stop procrastinating and jumpstart your weight loss efforts...
- You can commit to a complete diet and exercise regimen for one month...

**This package is for  
you!**

## What’s Included:

- A progressively intense exercise program, guided every step of the way
- Twelve private training sessions conducted in your home, scheduled at your convenience
- A comprehensive dietary plan based on your individual parameters
- Daily motivational check-ups via phone, text or e-mail

## What are you waiting for?

- All fitness levels welcome
- Little or no equipment necessary
  - Flexible scheduling options
  - Payment plans available
- Exceptional value for your money!