

# Lifestyle Change Package

\$600

## If...

- You know you need to get serious about addressing your health and fitness issues...
- You are looking for a long-term, sustainable diet and exercise program...
- You have struggled to stick with past weight loss or fitness efforts...

**This package is for you!**

## What's Included:

- A five-week, progressively intense program, guided every step of the way
- Ten private training sessions conducted in your home, scheduled at your convenience
- Special focus on the behavioral aspects of weight loss and building healthy habits
- 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!