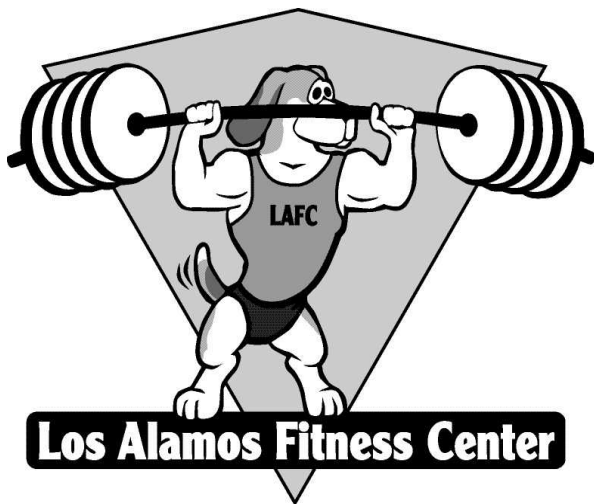


12 Week Individualized Weight Loss Program

A heavily monitored program designed to produce significant weight loss and provide education on how to maintain your ideal weight once achieved.

- ◆ 12 weekly **individual sessions** to monitor progress
- ◆ Calorie intake and expenditure calculations
- ◆ Exercise program design to maximize weight loss
- ◆ Body fat testing and lean muscle mass calculations
- ◆ Help with meal preparation and special dietary needs
- ◆ Free diet and nutrition guide



**Special Price for
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