

Count Down to a New You

Why Wait till the New Year to Start Feeling And Looking Fabulous?



How would it feel to see results faster— release excess weight and gain lean muscle, have more energy, look and FEEL better?

Whether you are new to fitness or a competitive athlete or if you're someone who would like to make lifestyle changes but aren't sure how.

Jump-start your way to your health goals with an easy to follow monthly nutritional rebalancing program that will truly impact your health and well-being!

Support and accountability system to help you stay on track and reach your goals:

Private FaceBook support group

Weekly newsletter

Weekly progress check-ins

Monthly weigh-in and measurements

Healthy meal ideas

Workout programs developed by a Personal Trainer to kick start progress

For a free consultation, please phone, text or PM:

Vivian Aarset 250-616-2333

John White 250-741-6701

START DATE: NOVEMBER 1ST

