

SRSRC and Fit-X San Diego present:



**LOSE UP TO
3 POUNDS PER
WEEK!**

Lifestyle Coaching

"What do you have to lose?"

DO YOU:

- Have the desire for change but don't know where or how to start?
- Start your day or week off the "right way" but then find yourself faltering under stress, boredom or fatigue?
- Need the tools to create real positive change but don't know which ones?

Then the Lifestyle Coaching is for you!!

JUST 60 DAYS WILL GET YOU RESULTS

What do you get for investing an hour of your time?

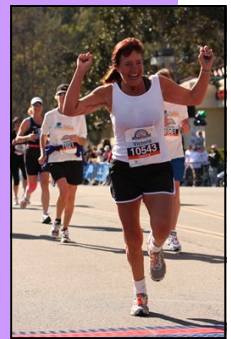
- A consultation with a Fit-X San Diego Certified Master Trainer and Lifestyle Coach
- A plan to get your fitness and wellness routine under control for the next 60 days
- Suggestions for behavior change, stress reduction and healthy eating opportunities
- Regular contact with your trainer to keep you on track
- **All for only \$75!!**

Sound like something you need?

Contact Vickie Hubbard. See information below.

- Lifestyle Coaching for 13 years
- Master Trainer / Fitness Industry for 17+ Years
- She believes that you Fit Everything in by Living Well at The Speed of Life

Email: Vickie@fitsandiego.com



For Online Class Schedules, Personal Training Specials, and General Information go to fitsandiego.com, and click on the Q-Life logo.

Contact your Fit-X San Diego fitness coordinator Heidi Verner at 858-715-8611 or Heidi@fitsandiego.com.

"Agents of Change"