



RECOVERING COUCH POTATO FITNESS

10-WEEK WEIGHT LOSS CHALLENGE

The challenge includes:

- a **PROVEN** weight loss program over 10 weeks;
- coaching from a certified weight loss coach and personal trainer
- weekly 1-hour meetings with your coach for 10 weeks
- goal-setting and tracking
- healthy competition within yourself and your team.

The program is design to be fun and provide a team spirit of motivation, camaraderie and support.

For an additional \$100, you can purchase one of the following supplemental exercise programs:

- admission to Recovering Couch Potato Fitness Boot Camps Thursday evenings at Cardel Rec South;
 - Resistance Training program;
- OR
- Cardio training program with focus on boosting your weight loss.

Email: cory@RecoveringCouchPotatoFitness.com to REGISTER