

IF YOU EAT 100 CALORIES PER DAY MORE THAN YOU BURN, YOU WILL GAIN 10 POUNDS PER YEAR

1.



PROPER CALORIC INTAKE – Eat smart, not less –

Knowing your Base Metabolic rate ensures that you are consuming **precisely** what **your** body needs to reach your goals.

Science allows us to calculate with a great deal of accuracy how many calories **your body** needs to achieve the results that you desire. We will take your food planning one step beyond generic age/weight formulas and customize a program for your individual lifestyle goals and food preferences,

No guesswork – No trial and error

2. **CARDIOVASCULAR TRAINING** *individualized* for your fitness level & goals – Burn more fat in less time -



Every
your
your
for optimum results.

one is at a different fitness level and has different exercise preferences. You are not just a number on a fitness chart based on age, and your cardiovascular program should reflect this. Knowing *resting heart rate* allows us to customize your cardiovascular program

3. **PROPER NUTRIENT SUPPLEMENTATION** - Give Your bod what it needs to **thrive, not just survive** –

4. to nourish your 4 trillion cells



4. **BIOMECHANICALLY EFFECTIVE RESISTANCE TRAINING** - Sculpt and shape your body while you turn it into a fat burning machine –



Not just the “popular” exercises or “the move of the week”, but the most effective exercises based on your individual goals, body type and exercise preferences

5. **BEHAVIOR MODIFICATION** - A healthy body starts with healthy *habits* –



A program designed to help you to develop healthy habits as you work towards your fitness goals. The difference between fit people and overweight people is their habits. You will gradually incorporate the healthy habits in to your lifestyle that will **ensure that you will NEVER have to diet again!**



6. **CONSTANT SUPPORT & MOTIVATION - To never let you give up on your goals -**

Accountability system and support will help you stay focused on the body that you want, even when you don't feel like it.