

Progress FEELS GOOD



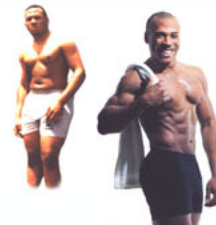
TRAINCHANGE FITNESS WORKSHOP SERIES

TRAINCHANGE IS A FITNESS STRATEGY DESIGNED TO HELP YOU REACH YOUR GOALS. A LONG TERM FITNESS STRATEGY REQUIRES AN EFFECTIVE EXERCISE ROUTINE, A NUTRITION PLAN AND THE ABILITY TO REMAIN CONSISTENT. OUR THREE PART WORKSHOP WILL HELP YOU ACCOMPLISH THIS BY IDENTIFYING THE MOST COMMON OBSTACLES AND PROVIDING YOU WITH SOLUTIONS THAT YOU CAN TAKE HOME AND APPLY IMMEDIATELY.

PART III

Leaner. Faster. Stronger. Better.

Once you've learned about Nutrition and Exercise, Consistency is what causes the actual change to occur. However, in order to achieve this you'll need to learn new ways to stay motivated during your fitness journey. The goal of this workshop is to help identify and overcome the most common obstacles encountered on your fitness journey so that you'll have a long-term strategy to stay in shape. Moreover, once you realize how to overcome those obstacles you'll learn techniques that will allow you to easily maintain your fitness success.



Join published author and fitness specialist, Al Smith, Jr. as he shares his unique fitness strategy! We're so confident you'll enjoy his workshops if you're not completely satisfied we'll give you your money back!

MAY 7, 7PM

SEATING IS LIMITED SO DON'T WAIT. RESERVE YOUR SPACE NOW!

FOR MORE INFORMATION CALL: 888.858.7746 OR VISIT WWW.TRAINCHANGE.COM

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