

Lifestyle**Fit**ness

LIFESTYLE & WEIGHT MANAGEMENT

LifestyleFitness can help you with your health and appearance goals for 2011. Our Lifestyle & Weight Management coaching sessions offer expert advice, support and guidance. We will teach you how to manage your weight without having to strive for unrealistic goals. If you would like to sign up for a personalized coaching session with **Daryl Madison**, Certified Personal Trainer, call:

404.272.3996

- Coaching Sessions (Phone / In Person)
- Cost \$39/one hour or \$25/thirty minutes
- “Talk Away the Pounds” Telephone Coaching



“Talk Away the Pounds” Winter/Spring Special

\$99 for 6 Weeks
INCLUDES:

- Telephone Coaching
- BMI & Body Fat Analysis
- Evaluate Lifestyle Patterns
- Meal Plan Review and Advice
- Metabolism Evaluation
- Exercise Review and Advice