



## Fitness Transformation! Beginning: February 28<sup>th</sup> 2011 **21 Days Boot Camp!**

### Procrastinate No More!

#### ***What are the Risks of NOT changing your habits?***

Disease: Obesity, risk of heart disease, diabetes, stroke, & mental illness.

Low – Self-Esteem – Poor work ethic, broke, tired, confused, slumped over and not thinking clearly. Being fit helps you feel good about yourself, & gives you confidence to be your best, have the best friends and make more money.

Aging quickly – Wrinkles, not able to be involved in children's activities or stay active outdoors. Getting in shape WILL increase metabolism & daily energy, look younger, move with ease, have less pain, better sex life and career advancement. Enjoy improved posture and flexibility.

### Prevent Disease and Increase Self-Esteem while Regaining your Fountain of Youth

#### **Details**

**What:** 45 Minute Fitness Transformation Workout

**When:** 21 days – Starting Feb 28<sup>th</sup>, - March 20<sup>th</sup>

from 12:00-12:45 Weekdays

From 10:00 A.M. to 10:45 A.M (Sunday's Homework)

**Where:** In Motion O.C. – Von Karman and McGaw (Irvine)

**Bring:** Workout clothes & water. Showers available.

***Included:*** Motivational emails & work out plan that will put you IN MOTION

\*S.M.A.R.T Goals – Develop **Specific, Measurable, Attainable, Realistic** goals in a **Timely** fashion!

**Introductory Offer \$199.00 21 Days**

*Regular Price: \$399.00*

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