



## Northfield Kick-Start Program:

The Northfield Kick-Start 2011 program is designed to help you learn how to get into a fitness routine and change your eating habits into healthy choices. Lose weight, get fit and take charge of your health. Learn the answers to feel better, look better, and live better from our highly qualified health and fitness professionals. Kick-Start is a program customized to help you achieve your fitness, nutrition, and lifestyle goals. Change the way you live. NOW is the time to take the first step to becoming healthy!

The Kick-Start 2011 Program offers you a tremendous foundation that will assure success:

- 👟 **12 week** program to establish a routine
- 👟 **Meal plan** and BodyAge Assessment
- 👟 **Resistance & Cardio program** created for you including 2-3 workouts per week
- 👟 **Optional 1-on-1 customized** personal training sessions with a Personal Trainer

This is not a fad you try for a few months but rather your **forever plan** for a lifetime of fitness and health. Be resolute about consistency and effort in your new fitness program. Add your workouts into your daily schedule as you would any important appointment, and do it. Along the journey you will discover a new you, one that is strong both physically and mentally. You will have the confidence to do things you never thought were possible.

Are you ready to take action and do something for you? The 12 week Kick-Start program is priced with several different options to help you get started right – contact Kelly Ellis @ 519-884-7020 or email [kelly@northfieldclub.com](mailto:kelly@northfieldclub.com) for more information and pricing details.

**Sign up TODAY – get the KICK-START you need!**