



8 WEEKS TO PHAT

Pursuing HARD and TIGHT

This 8-week weight loss program provides the necessary tools to effectively and safely lose weight, body fat, and inches in a team environment. The commitment is 30 minutes twice-weekly (optional third day meets with a Health Coach). Small groups allow coaches the ability to consistently monitor, provide attention and give feedback to each team member throughout the workout sessions.

- Exercise with Motivating Coaches
- Weekly nutrition tip (articles, recipes, etc.)
- Pre and Post Body Fat and Measurements
- Team accountability and camaraderie

If you are interested in learning more about the program or to register, contact Denise Johnson at (909) 625-6791 ext 236.