

Fitness In Horsham

Fit Body Course

The FIT BODY COURSE is for people who:

- live in a body that they are not happy with AND have the guts to change!
- have “dieted” for years and are a victim of the “yo-yo” diet mentality.
- want to stop “dieting” and start living!
- want to understand WHAT does not work and WHY.
- want to make positive lifestyle choices.
- want to develop healthy and lifelong habits.
- want to set a roadmap/GOAL for long-term success.
- want to reprogramme their brain!
- want reliable nutritional information that works.
- want to know WHAT, HOW and WHEN to eat for health – not just weight loss.
- want to understand Food Labels and how to shop.
- want to master their motivation.
- want to overcome unwanted behavior.
- are willing to do what it takes to get the results they want!

Gemma:

“The Course helped me understand how my body works with food, especially bad food. It gave me a good understanding of what my body needs and this is something I still use to date.



I found the literature very helpful especially when I had times of doubt – I would read through it and it helped me get back on track.

I also found your enthusiasm, encouragement and commitment to your clients so helpful. Even in a group it's like having a personal trainer.

The best part of all, is if you follow your program YOU GET RESULTS, which is brilliant”.

When does the Course begin, how long is it and where will you meet?

The Course will begin **Saturday 4th June** and will run every Saturday morning for **6 straight weeks** until Saturday 9th July. Each session will be **1 hour** long and we will meet at 9am in **Horsham Park**.

Visit **www.fitnessinhorsham.co.uk**
for more in-depth information and booking details.