



# JUMP START WEIGHT LOSS PROGRAM

NEED A LITTLE "NUDGE" LOSING  
SOME OF THE "PUDGE"?

This Weight Loss Program will teach you the "right way" to lose weight... forget Willpower, we will teach you "Skillpower"!

## ***4 WEEK PROGRAM***

\$69.00 Members

\$89.00 Non Members

(Individual 4 wk membership)

Program including Team Training

Team Training, 2x week \$199. for Members, \$219 non members

Team Training, 1x week \$149. for Members, \$169. non members.

Continuation Plans available upon completion.

### Program includes:

- ❖ Initial consultation/assessment, with a certified fitness and weight management specialist including bodyfat %, body measurements and weigh in.
- ❖ Nutritional counseling and weekly weigh-ins
- ❖ Weekly weight management newsletter with articles on exercise and nutrition
- ❖ Team Training available with one of our top personal trainers

**Enroll now!!**  
**BEGINS July 11<sup>th</sup>**

Call Body Tech Fitness

(609) 397-6900

Or visit [www.LoveMyBodyTech.com](http://www.LoveMyBodyTech.com)