

look better



# naked!

- look and feel better in your favourite clothes
- firmer arms, legs, thighs and butt
- reduce cravings
- tighter, flatter abs
- decrease body fat percentage

## I can help you look better naked!

If you've decided that it's time to shape up, learn more about nutrition and learn new effective exercises, then I have the program for you.

It's a full body program designed to reduce body fat, improve cardiovascular fitness, increase energy and improve tone **for women and men of all ages and fitness levels**. You will need to make a commitment to attend three days a week for sixteen weeks. At every session you'll be coached by me, a certified Personal Trainer and I will take you through a large variety of workouts.

I will also give you ongoing nutritional advice and goal setting guidance. **You will be feeling and seeing changes in no time.**

Stop by the club or call 613-968-5628 and ask **personal trainer, Brady Martin** for more information.