

If you're frustrated with diets and gimmicky exercise programs, here's your chance to try something that really works.

We can, and want to help you get into shape! Since creation in 2001, our Combat Cardio Program has helped many of our clients get into the best shape of their lives. Now we'd like to share it with you. The key to your success with this program is to make healthy lifestyle changes in small steps, to do this we coach you over 90 days to help you reach and achieve your goals. The important thing is that you enjoy the activities and changes so that you will stick with them in the long term.

There are three main reasons that people fail in their plans to getting into shape.

1. People simply start out with the wrong information.
2. People lose motivation.
3. People aren't held accountable

Once you have the right program, tools and guidance to help you stay motivated, the "get in shape" equation is completed and you can achieve your body shaping goals. Mind you, it won't happen without work, but if you have the right map and you follow it through to its finish, YOU CAN get into great shape. Now, I want you to listen to this carefully... No matter what shape you are in now, you CAN improve your body, and by extension, yourself image! And in many cases, you can improve so much that your family and friends won't believe your transformation.

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This program works for the following reasons:

1. It stimulates your metabolism while you reduce body fat.
2. You don't have to go hungry while on this program.
3. You never get bored because your trainer helps motivate you and changes things up so you continue to get results.

Before you get started, we do the following:

- ✓ We sit down with you and determine where you are and set some concrete yet achievable and realistic GOALS. We take a good look at your lifestyle to determine whether anything needs to change.
- ✓ We tailor the program to suit your individual needs so you can be assured you are getting the right program for you and take into account any injuries or special conditions you may already have.
- ✓ We do a complete body analysis. (Don't worry it's not intrusive.)

- ✓ Discuss your nutritional needs and focus on the right way to nourish your body for best results. No crazy Diets! (You won't go Hungry!)
- ✓ Set realistic, but specific goals for the 90 Days.
- ✓ Determine how you want to measure your personal success (i.e. dropping weight on the scales, losing dress or clothes sizes, losing centimeters on your hips, stomach or thighs, or reducing body fat percentage by using fat calipers as a measure).
- ✓ We track your results with our programming so we can show you the changes as they occur.

Our 90 Day Combat Cardio Challenge program is designed to be a 90 Day Exercise and Nutrition program but many people follow our nutrition system well after the program is over and introduce it into their everyday life. You will definitely see positive results within the 90 Days and many of you will achieve and exceed your goals before the end of the program. Once you finish the 90 Days and we account for your success, you can re-evaluate your goals if you didn't hit the mark and keep the program going until you reach your long term goals.

Remember – the goal isn't to get in shape just once...but to change your lifestyle and live healthier and happier.

By following our program you can expect to lose between 0.5 kg to 1.5 kg a week. This program isn't just for people who need to lose weight. If your goal is be stronger or fitter in 2010 this program can be tailored to suit you.