



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

The planning is  
 100% done for you!

# NEW FITNESS & WELLNESS PACKAGE KICKSTART PROGRAM



It takes 21 days to build a habit,  
 make it simple with a coach!

**Brittany Robinson is a talented and experienced Personal Trainer who is Certified in Nutrition and is very passionate about educating others!**

## 8 week program includes:

- Comprehensive Meal Plan (structured for each individual)
- 1-3 Personal Training Sessions per week (8 sessions total)
- Nutritional Guidelines, Grocery Lists, Tracking and Tips
- Private Facebook Forum to Connect with Fellow Participants
- Personalized Workouts
- Unlimited Email Coaching
- Weekly success sessions
- Individual Program Results Meeting
- \$295 individual**
- \*\*Ask us about our refer a friend for a discount!

