

Bring a friend, spouse,
or co-worker!!!

Nutrition Seminar

Do you Struggle with Nutrition?

You are not alone! Nutrition is the most
common reason why people fail to lose
weight and/or meet fitness or lifestyle goals.

Join us for an informative discussion about nutrition.

Some of the topics will include:

- How to read food labels
- How to overcome food cravings
- Methods to promote fat loss & boost metabolism
- Which foods you should stock up on
- How to shop "healthy & smart"

Sign up by email: pjlyons@wavecable.com or Schedulicity.com

Date: Monday Oct 20, 2014 5:30pm-7:00pm

Cost: Free

Where: Get Fit Personal Training Studio
24230 NE State Route 3 (Suite B) Belfair



Pete Lyons, owner
Certified Personal
Trainer
Get Fit Personal Training
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