

The Fitness Course That Challenges You

A twelve week program that includes 3 fitness tests, an exercise plan, a nutrition plan, seminars, recipes, a team of people all working towards similar goals, and coaches to keep you on track. It can't get much better than that!

Sign up today at :

Watson's Family Karate School

905-727-7144

For less than a case of beer a week you can get fit and learn to stay fit.

**Call to register for the next
available course.**



**Brought to you by:
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the 12-week challenge



Fall ... into big sweaters

Fall ... into big meals

OR

Fall ... into a better you!!

**This Fall, Get fit,
Stay fit**



YouFit™

Did you know that most everybody who exercises and diets to get ready for the summer festivities, stops exercising all together over the summer? By Fall they're back to their old weight and out of shape. Coats and sweaters cover up what no one wants to show and the colder weather makes comfort food more appealing. It doesn't have to be that way! Take the initiative this Fall and do a favour for yourself. Join us to develop a healthy lifestyle that is easy to maintain and keep forever.

You want to get into shape. You want to eat healthy food. You want to lose body fat and gain muscle tone. You want someone to help you achieve your fitness goals.

Can you imagine yourself slimmer, more defined, glowing from the inside with healthy radiance? Can you imagine you ... fit?

YouFit™

Is a 12 week fitness challenge designed to teach you everything you need to achieve your personal fitness goals. You will learn how to exercise properly, how to eat for your health, enjoy seminars, get wholesome recipes and have coaches and team members to help along the way and no scales involved!! You will leave this course with information you can use for the rest of your life



**12 weeks to a healthier
you!!**



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