

The road to wellness STARTS HERE!!



Take part in a program that will supply you with the proper knowledge in fitness for your journey to a healthy lifestyle. You no longer have to be lost when it comes to developing a fitness regiment. Allow me to educate you on wellness, assess existing level of fitness, discuss your current health status, and provide you with a customized exercise regiment based on your goals.

Clients also have the option to receive a reading of his/her:

- **blood pressure**
- **body measurements**
- **present body fat percentage**
- **resting heart rate & target heart rate**
- **FITNESS AGE**

A packet will be distributed to help reinforce the information I provide through our sessions. The objective is to have each client attain his/her fitness goals and leave with confidence and motivation in regard to his/her wellness.

For more information on our prices:

Log on to www.betteruandme2.com click on [please sign me up](#) and scroll to the bottom of the page for all available packages.

Email: betteruandme2@aol.com

Cell phone: 201-978-4375

Location:

Memorial High School (Around the corner of Special Services)

Days:

Monday, Wednesday, & Friday

Times:

2:45, 3:30, & 4:30