



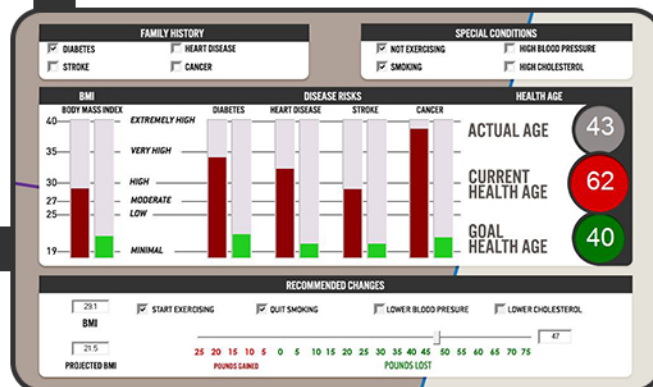
# BETTER HEALTH

## HEALTH AGE

The Fitness Assessment utilizes the Visual Fitness Planner (VFP) software to calculate your chronological age against seven health risk factors to determine your true health age. The Fitness Assessment is perfect for any fitness level, including beginners.

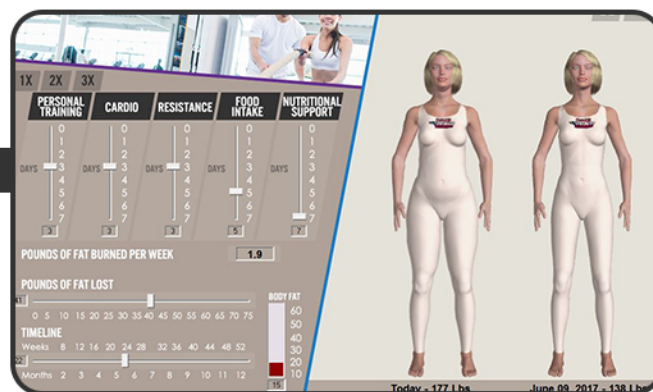
## HEALTH RISKS

Our Fitness Professionals will utilize the VFP software to determine your likelihood of contracting Type II Diabetes, having a stroke, or developing cardiovascular heart disease or cancer.



## BODY TRANSFORMATION

The VFP software will motivate you by showing you a 3D image of your body's potential change for weight loss and/or muscle growth. A light personal training session is included and customized to your specific needs.



## TRANSFORMATION PLAN

During your Fitness Assessment, you will receive a before and after report that includes strategies for implementing a successful action plan to achieve your fitness goals.

Your Complimentary Fitness Assessment (a \$100 value) is scheduled for:

Date: \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_ Time: \_\_\_\_\_:\_\_\_\_\_ AM / PM