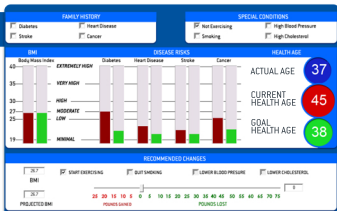




BETTER HEALTH

HEALTH AGE / HEALTH RISK

The Visual Fitness Planner (VFP) program calculates your chronological age against seven health risk factors to determine your true health age. Our staff will utilize the VFP to determine your likelihood of contracting Type II diabetes, having a stroke, or developing cardiovascular heart disease or cancer.



BODY TRANSFORMATION

The VFP will motivate you by showing you a 3-D image of your body's potential change for weight loss and or muscle growth.



TRANSFORMATION PLAN

At your Goal Setting Assessment, you will receive a before and after print out that includes strategies for implementing a successful program to achieve your fitness goals.

Your complimentary assessment (a \$100 value) is scheduled for:

Date: ____/____/____ Time: ____:____am/pm

Staff Member: _____