



## *The Time Has Come*

If you are like most people, you have been saying something like the following for well over a month now, "As soon as the holidays are over I am going to get myself in shape" or "I am not eating another cookie for as long as I live" or "This is the year I am going to make my New Year's Resolution come true and start exercising". Regardless of exactly what you have been saying the theme remains the same. The time has come to make all the promises you have been making come true.

Unfortunately, many of us have the most sincere intentions when saying all of these things that we say when we are up to our ears in cookies; however we fail to take action when the time comes to turn the words into reality.

Elite Health & Fitness Training would like to help you make this year the year that you make your dreams of a happier, healthier lifestyle come true! If you have tried in the past to create this lifestyle on your own, and just have not had the type of results you were hoping for, we at Elite Health & Fitness Training would welcome the opportunity of leading you step by step through a personalized exercise and/or nutrition program that will bring you the results that you have been dreaming of. If you have never considered personal fitness training as an option to guide you to the new and improved you, we ask you to give us a try. If you are even just curious to find out more about our services, just give us a call and we will be happy to answer any questions you may have. Your personal training sessions can be performed at our facility or if you prefer we will come to you in the comfort of your own home. In fact you do not even need to own exercise equipment, we will bring everything you need to get started right to your door! All you have to do is dedicate yourself to make some reasonable lifestyle changes and we will guide you through the rest. You can rest assured that you will be working with a true professional when working with Elite Health & Fitness Training. All of our trainers are nationally certified and fully insured.

### Elite Health & Fitness Training services:

#### **Customized Exercise Programs**

- Strength Training
- Cardiovascular Training
- Sport Specific Training
- Stretching Programs
- Post-Rehab Exercise Programs
- Private/One-On-One & Group Yoga Classes

#### **Fitness Assessments**

- Body Fat Percentage Measurement
- Blood Pressure Reading
- Posture Screening
- Body Weight Monitoring
- Circumference Measurements
- Periodic Fitness Re-evaluations

#### **Nutritional Counseling**

- Registered Dietician On Staff
- Weight Loss Diet Plans
- Complete Diet Analysis

#### **Group Exercise Programs**

- Join Elite Health & Fitness Training with a friend or family member and reap the rewards of each other's motivation while receiving significant group discounts!

So, now that the holiday madness is over, make those promises come true by scheduling your free fitness consultation. We look forward to the opportunity of helping you make your dreams come true!

**-Scott Shelley, P.T.**

President, Elite Health & Fitness Training, Inc.

Call or email today to schedule your  
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