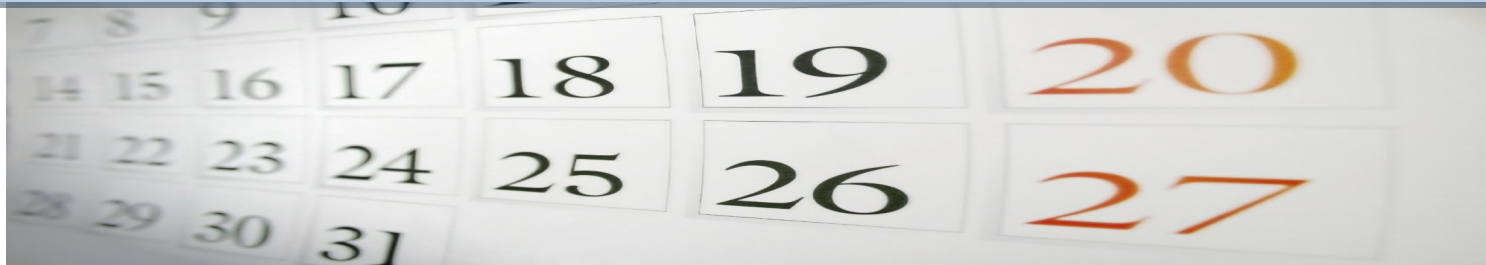


The “Challenge” is between YOU and YOUR goals!

# Fit 90

*Can you fit 90 days into your schedule to regain your health?*



*You will have all the tools you'll need to live a healthier lifestyle*

## Exercise

Exercise is a key component to health and well-being. Walk, dance and move your way to a healthier you!

## Customized Nutrition

Build health from the ground up by eating the types & amounts of foods that are right for *you!*

## Lifestyle

We'll help you set goals and develop a sound strategy for achieving and maintaining the results you work so hard for!

**Program Dates:** Monday, February 13— Thursday, April 26  
(*Mon. & Wed.—Fitness Classes, 5:30pm* ♦ *Thursday—Health Coaching Workshops, 7pm*)

**Location:** Healing Tree Wellness Center, 613 East Main Street, Floyd, VA

**What's Included:**

- ♦ Metabolic Typing Nutritional Health Analysis
- ♦ Customized Nutritional Protocol
- ♦ Nutritional and Lifestyle Coaching from the area's only Certified Advanced Metabolic Typing Advisor
- ♦ Candida Albicans Screening Analysis
- ♦ Pedometer
- ♦ 22 group exercise sessions
- ♦ 11 Nutritional and Lifestyle Support (Tele)seminars
- ♦ Wellness information handouts
- ♦ *And more!!!*

**Program Fees:**

One Time Registration Fee:

\$40 if you register by January 31st

\$50 after January 31st

*Registration closes February 7th*

Monthly Program Costs:

\$180—[\$60 per person (*single participant*)]

\$150—[\$50 per person (*w/ registration of 3 or more in a “family”*)]

Ask about special pricing for virtual or distance participants!!

For additional information or to register, contact



540-745-3030