

NEVER WORKED OUT BEFORE? THAT'S OK!

We're here to get you started no matter what your fitness level. We know that beginners need guidance, helpful strategies and encouragement.

We also know that going into a big gym can be a little intimidating. That's why we're pleased to offer you both mobile fitness and online fitness training so you can feel at ease.

With our Mobile Fitness we bring the program to you! Or, you can have your program set up online so you can workout at your convenience. New exercisers start out with enjoyable exercise and are never rushed to the next level until they are ready.

Our personal training staff are compassionate and caring people who've been in your shoes and understand what you need. Plus, our programs provide plenty of motivation and encouragement to help you reach your goals.

CALL US TODAY AT 519-969-8989
FOR A FREE – No Risk – No OBLIGATION
FITNESS CONSULTATION
VISIT US ONLINE AT: WWW.ANEWYOUFITNESS.COM

FREE!
No Risk,
No Obligation,
Fitness Consultation.

Call today to book yours:
519-969-8989

*The miracle isn't that I lost the weight.
It's that I started working out in the 1st place.*
Anonymous

How to Contact Us

Keep this information handy. You'll need it to schedule your fitness training sessions, telephone consultations, and online training.

Phone: 519-969-8989

Cell: 519-817-7752

Online Training: Available 24 hours a day.

<http://www.anewyoufitness.com>

About Your Trainer

Catherine Pruisen is the owner of A New You Personal Fitness Training. In addition to her many continuing education credits, she is a certified:

- Personal Trainer Specialist
- Nutrition and Wellness Specialist
- Youth Fitness Specialist Level 1

Having struggled with her own weight for much of her adult life, Catherine knows first hand the challenges her clients face when it comes to losing weight and maintaining a healthy lifestyle. This real life experience combined with her certification and training, makes her an effective weight management coach.

Catherine also provides group fitness classes for the House of Sophrosyne. The program is highly rated by group participants who give Catherine high scores for her wholesome approach to fitness.

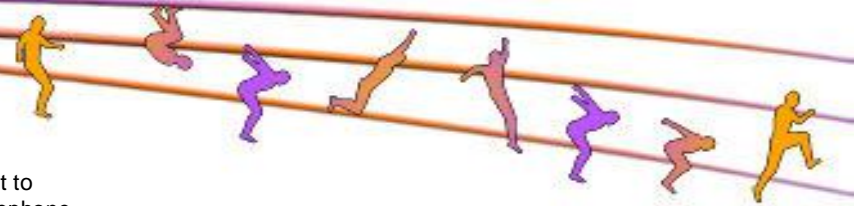
Catherine is a member of CanFit Pro, the International Youth Conditioning Association, Personal Training on the Net, and the Canadian Obesity Network.

www.anewyoufitness.com

Phone: 519-969-8989

Cell: 519-817-7752

Email: clientcare@anewyoufitness.com



**A New You Personal
Fitness
Training**



**Confused about who to call for
help with your weight loss goals?**

**Wondering how to even begin
an exercise program?**

**Looking to get off the yo-yo
dieting bandwagon?**

CALL

519-969-8989

VISIT

anewyoufitness.com

WELCOME TO A NEW YOU PERSONAL FITNESS TRAINING

We're here to get you started,
get you results and show you how to
maintain your new weight loss for a lifetime.

- ✔ Are you ready to lose weight and get fit?
- ✔ Looking to improve your overall health and wellness?
- ✔ Want a trainer to come to you?
- ✔ Need a program you can take with you to the gym or use at home?
- ✔ Want to help your child lose weight and get in shape?
- ✔ Looking for training for your young athlete?

**Then you've come to
the right place!**

With a New You Personal Fitness Training you'll achieve results far beyond your expectations. We offer a number of training programs individually tailored to meet your needs and goals. Your trainer will work with you to demonstrate movements, inspire you, answer your questions, monitor your progress, and adjust your workout as your abilities grow.



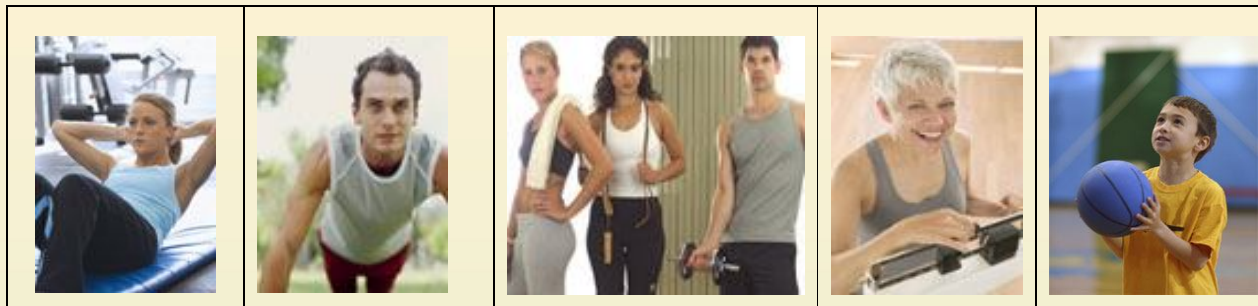
Special Offer

Sign up for any Mobile Fitness program before Jan. 31/08 and

Save \$25%

Plus you'll receive a FREE access to our Online Training System.

FITNESS TRAINING, WEIGHT LOSS & YOUTH FITNESS PROGRAMS



MOBILE FITNESS TRAINING

Your space.

Your time. Your trainer.

Mobile Fitness Training is all about convenience and comfort. We come to your home or office to guide you through an effective workout. Research proves that working with a personal trainer is the safest and most effective way to achieve your health and fitness goals!

NO EXERCISE EQUIPMENT?

NO PROBLEM. We provide the equipment needed to get you incredible results.

PLUS - You get **FREE Membership** in our Online Community portal.

ONLINE TRAINING

Study after study proves that online training works. Why? Because it keeps you accountable and provides custom designed workouts and diet programs from a certified trainer and nutritionist.

Every exercise is clearly described and digitally demonstrated so you can see exactly how to perform the movements.

Best of all, your online training comes with bi-weekly, 20 minute phone sessions with your trainer! No other program offers this feature.

7 Day FREE trial available.

YOUTH FITNESS & NUTRITION

Our Children in Motion Fitness & Nutrition program (CIM F&N) is an innovated program that helps overweight kids and their families change their eating and exercise habits and create a healthy lifestyle for years to come.

CIM F&N teaches the importance of healthy food choices and physical activity through fun activities and age-appropriate materials. The program also provides plenty of motivation to help kids make the positive changes necessary to lose weight or maintain their healthy weight.

BRIDAL BODY SCULPT

Look and feel your best on the most important day of your life. Whether you are the bride, or a member of the wedding party, the Bridal Body Sculpt will help you lose weight, tone up and look great on the big day.

SMALL GROUP & PARTNER TRAINING

Save on your training costs when you partner up with a friend, spouse, co-worker or get a few people to work out together!

HOW TO GET STARTED

- 1 BOOK A FREE FITNESS CONSULTATION** - Call us today for an absolutely FREE, no-obligation consultation.
- 2 SIGN-UP** - Online at: <http://anewyoufitness.com> or enroll during your FREE consultation.
- 3 GET RESULTS** - Lose weight, get fit, and feel great with your personally developed program!

Visit us online at anewyoufitness.com for more details on our programs.