

DON'T JUST DIET--LIVE IT!!!

NEW TOOLS FOR WEIGHT LOSS

- There could be 30 lbs of old fecal matter in your colon.
- Your inability to lose weight could be connected to an emotional issue.
- Out-of-balance hormones, could cause you to gain and keep weight on.
- You could be holding extra weight because you are starving for nutrition.

Holistic Fitness is now offering a weight loss program that will address all of these questions, as well as provide you with education, motivation, nutritional products, and RESULTS! We will be using tools such as cleansing and detoxing to help rid your body of garbage that is weighing you down. We will be offering a number of nutritional products that will aid in weight loss, and we can test you to find out which one works for you!

We can improve your cholesterol, address hormone imbalance, and actually FEED your body so that it is not afraid to let go of fat! Providing support and education along with nutritional counseling and personal fitness training will be offered.

CLASS INSTRUCTORS:

Cindy Caldwell,
President of Holistic Fitness,
I-Act Instructor
Dr. Ann Roulo, DC
Kelly Burse,
Certified Personal Trainer
Alternative Fitness

NET- Neuro Emotional Technique

Come find out how NET can help you change "stress eating" patterns and discover emotional triggers that you may not be aware of.

Net uses muscle testing to find the conscious and subconscious emotions that your body uses to keep you "lock in" to your current weight.

Acupuncture is also beneficial with the NET process in reducing craving, controlling appetite, and stress.

Day: Mondays

Time: 6:00 pm

To sign up and reserve your spot contact

Holistic Fitness: 314-647-3999

Holistic Fitness, LLC

7501 Murdoch Avenue

Shrewsbury, MO 63119

314-647-3999

www.holifit.com

