

*be good to yourself*



If “putting yourself first” sounds too selfish or too hard, try something simpler:  
Put yourself on an equal footing with those you love and tend to.

Do you insist that they eat well?

Do you insist they exercise?

Start making that a priority for yourself too.

Then YOU do the same! Lead and they will follow!

This 12 week “goal specific” Fitness and Coaching Package is designed for Individuals who would like to start taking care of themselves by putting themselves on their “to do list”!

Together we will create an awareness and understanding of your lifestyle, empower you to make the dietary and physical choices that are right for you. It will allow you to maintain a healthy body and mind, improve your vitality, increase energy levels, maintain a healthy weight and help prevent future health problems.

What is included?

- 1 x 60 minute intake and orientation
- 3 Coaching Sessions
- 2 x 45 minute personal training sessions weekly (Total 24)
- 4 Custom meal plans
- Email support to enhance coaching and personal training sessions
- Support and Accountability

To get started call Shari-Beth 973-477-4986 [SHABSUSS@VERIZON.NET](mailto:SHABSUSS@VERIZON.NET) COREFITNESSNJ.NET