



IMAGINE YOUR...

# 12 WEEK MAKEOVER!

*Get into shape fast for... summer, a wedding, or your next vacation!*

## Program Includes:

- 24 Personal Training Sessions
- Personalized Consultation & Fitness Assessment
- Bi-Weekly Measurements
- Nutritional Guidance
- Training Journals

Reach your greatest potential through a well balanced exercise, nutrition and lifestyle regime designed specifically for you!

No matter what your fitness level or goals, we will coach you to success and provide the ongoing support, education and motivation necessary to ensure you get results throughout your 12 week transformation!

**SIGN UP TODAY & SAVE UP TO \$99!**  
Affordable monthly plans available



Call us for your **FREE** Consultation today:  
(416) 850-7381 ■ [info@homehealthcanada.com](mailto:info@homehealthcanada.com)  
[www.homehealthcanada.com](http://www.homehealthcanada.com)

**On-Site Personal Training [In-Home / Condo / Office / Outdoors]**