

# YALETOWN FIT



**No Hidden Fees.** All our packages include assessments, nutritional coaching, online and internet communications, digital tracking and more

60 minute Sessions	1 person	2 people	3+people
5	\$ 260.00	\$ 200.00	\$ 155.00
10	\$ 500.00	\$ 385.00	\$ 300.00
20	\$ 960.00	\$ 735.00	\$ 575.00
30	\$ 1,365.00	\$ 1,060.00	\$ 830.00

## Benefits of Regular Physical Activity

- Helps you manage your weight
- Reduces your risk of coronary heart disease
- Reduces your risk of stroke
- Decreases blood pressure
- Reduces your risk of colon cancer
- Helps prevent and control diabetes
- May decrease “bad” (LDL) cholesterol and raise “good” (HDL) cholesterol
- Helps you sleep better
- Strengthens bones, reduces pain, and helps prevent injury
- Increases muscular strength and endurance
- Increases flexibility and range of motion
- Improves your mood
- Reduces stress and depression
- Improves self-esteem
- Makes you feel better



**FOR A LIMITED TIME**  
.....  
**30 MINUTE**  
**FREE CONSULTATION**

**JUST YOU AND ME**

**778 288 2007**  
**info@Yaletown.FIT**

**DECISION TIME**