

Focus on Fitness this winter and achieve your goal. If you are worried about the 'winter spread' then the focus group will keep you on track....

Inclusions:

Attend 5 out of 6 sessions

Food & Exercise Journal

Fit Facts:- Taste more & eat less

- Effective fat burning
- 5 techniques to super charge your workout

Park to Park registration included

Boot Camp Registration included

SAVE \$60.00

Winter Focus Group t-shirt & hat

Prize for the most focused

I PT with SARAH Towel

Evohe Gift Pack

Body Techniques Facial

Personal Training Session

Valued at \$145.00



Activities...

Week 1 Tuesday 14 July 8.15am-9.30am or

Wednesday 15 July 7.30pm-8.30pm

Fitness Testing: strength, flexibility and beep test. Measurements and goal setting

Optional Cell health analysis will be done in these session

Week 2 Wednesday 24 July 10.30am-11.30am

Lucky Dip-Strength & Fat Burning

Week 3 Sunday 26th July 9.00am

Park to Park 5km fun run/walk

Week 4 Tuesday 4th August 6.30pm-7.30pm

Cycle Circuit-Sarah style!

Including cell health analysis results at 6pm

Week 5 Saturday 15 August-10.30am

'Clear Day' Charity Boot Camp

Week 6 Tuesday 18 August 8.15am-9.30am or

Wednesday 19th August 7.30pm-8.30pm

How did you go! Measurements and fitness testing. .

Your investment...

\$120.00-Past Focus Group participants

\$139.00-New to Focus Group

\$35.00-Optional Cell Health Analysis

(please see me if you are a non participant wanting this test) Payment Plan Available

"The Christmas Focus Group was a great kick start to good health and fitness. The knowledge and personal experience Sarah shared with us, gave us such inspiration during our highs and our lows. She made us feel strong and capable and never judged our weaknesses thank you Sarah...Krissy

Having trouble reaching your goal?

Tired of wearing tight jeans?

Need motivation?

Focus Group is your answer!



Sarah's Focus Groups are her hallmark and she makes a huge effort to better her clients. She is a very professional and effective trainer. She makes you want to work harder and believe you can do it... Alex

What is cell health analysis.

This simple painless test will tell you everything you need to know about your internal health

- Accurate Body Mass Index & Basal Metabolic Rate
- Fat Mass and ideal fat mass (the most accurate way to measure body fat)
- Active muscle mass, percentage of total body weight and ideal muscle mass
- Optimal health indicators such as, hormone levels, toxicity, stress, points of inflammation, cellular structure
- What is your body's real age!
- Your nutritional requirements: The daily calories your body requires. How much protein, carb, fat and water you should be having in grams and percentage. There is simply no better way to calculate the amount of food you should be eating and exercise you should be doing.



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