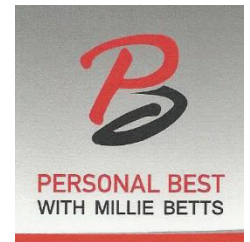


HEALTHY LIVING PACKAGE

from
Personal Best



PERSONAL TRAINER

WEIGHT LOSS SPECIALIST

LIFE COACH



*I will work with you to design, and implement a **plan of action**, working through the inevitable changes and any obstacles to help you work toward achieving **Your Personal Best!***

Each Personal Best "Healthy Living" client gets a *customized plan*, *personal attention* and *weekly support* with a focus on my holistic approach to healthy living:

EAT HEALTHY! Weight management and nutrition counseling and monitoring, food tracking technology information* or food tracking sheets, nutrition guidelines and recipes, easy meal and snack prep strategies....and much more.

MOVE MORE! Personal fitness training workouts or yoga sessions, exercise tracking/activity monitoring technology information* or records, exercise on-your-own plans, and moving more strategies that work.

BREATHE! Life coaching, goal setting, overcoming obstacles.

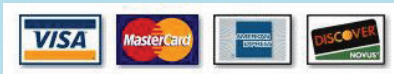
Special Package Rate Includes:

Weight management and nutrition counseling and monitoring

8 ½-hour personal fitness sessions

Lifestyle change coaching

Cost: \$460 total package



*Or,
personal
check*

To Sign-Up, Contact:

Millie Betts, 703 -421 -4395
millie@personalbetts.com

Limited Offer Based Upon Availability

8 ½-hour sessions
that include:



**Weight management
counseling & monitoring**



Personal fitness training



Life coaching



**Client Portfolio Notebook
& Weekly Assessment**