



# Fitness Orientation

**Learn how to burn fat, build muscle and eat in a way to speed your metabolism.**

<b>Why Should You Attend</b>	<b>What You Will Learn</b>
<ul style="list-style-type: none"><li>• You have tried to lose weight and failed. (Why it wasn't your fault.)</li><li>• You are concerned about your health as you age.</li><li>• You are concerned about bone density.</li><li>• You want to look and feel better.</li><li>• You want to reduce your chance of cardio-vascular disease.</li></ul>	<ul style="list-style-type: none"><li>• What's wrong with diets.</li><li>• The difference between losing weight and losing body fat.</li><li>• The truth about fat, sugar and food labels.</li><li>• Eat twice as much food and lose weight.</li><li>• Why moderate aerobic training is important.</li><li>• How to make changes in your lifestyle to achieve success.</li></ul>

We really can help you fit fitness in. Discover how in this 60 minutes of empowering information that will help jumpstart your fitness program so you can achieve the results you seek. Space in this Fitness Orientation is limited, so sign up today.

**Where:** SwymFit at Harvard Ridge, 90 Swanson Road, Boxboro, Massachusetts

**When:** Thursday, May 1, 2008 at 7:00 pm

**How:** Cost is \$20 per person. **Pre-registration is required.**

Register online at [www.FittingFitnessIn.com](http://www.FittingFitnessIn.com) or Call Holly Kouvo at 978-502-8781.

### ***Unconditional Money Back Guarantee!***



Holly Kouvo is an AFAA Certified Personal Trainer, Fitness Instructor and Nutrition Specialist. She has taught aerobics at various clubs over the past 22 years and has been working as a Personal Trainer for seven years. She works with people to help them find the time to fit fitness into their lives, eat healthy and gain the benefits of doing so. Holly has published articles in several national magazines (American Fitness, IDEA Fitness Journal Trainer Tips) and is a regular contributor to the Body/Fitness pillar on Eons.com. She released her first Exercise DVD "Total Body Workout...Just Easy on The Knees" in the fall of 2006.