

How To Eat, Move and Be Healthy!

Guaranteed To CHANGE YOU Or You Pay Nothing!

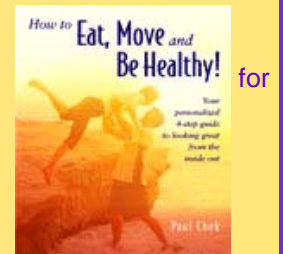


Imagine What It Would Mean To You If You Never Had to Try Another Ineffective Fitness Or Weight Loss Program Again And You Could Look And Feel The Way You Want To!

"Your food is the most powerful 'drug' on earth! You eat it several times a day, every day of your life. It contains hundreds upon hundreds of compounds that your body uses as its 'fuel for life.' Your food can be your medicine or your poison." Every one of us is unique and has different dietary requirements. Fitness Forever will help you find what foods are right for **you**. You will find your metabolic type and learn how to eat to optimize your health, keeping you healthy and pain free. Also learn corrective exercises to keep you healthy, flexible, and feeling good for life. Catering to your individuality, we will design a personalized program to ensure your success.

**Our Nutritional/Wellness Boot Camps Are Amazing,
And Always Produce Incredible Results**

- We will show and reveal the truth about your digestive health, stress, sleep patterns, toxicity levels, slowing metabolism as well as **You are When You Eat** and **What You Eat** and what ever they ate! (plants or meat)!
- You'll also discover a **common sense individual approach to eating that works with your** body so you can actually enjoy eating while optimizing eating & health
- Learn how to shop for you and/or your family, read labels for hidden sugars and fats and how the FDA uses these loopholes to trick you. **A free 25 page download** is available now your education and review at www.mysupermarkettour.com
- Enjoy a healthier digestive and elimination process by learning just one simple trick!
- **The Secret** of how stress is affecting your body and making your **pants to tight** as well.
- You'll discover what correct breathing and mind body work can do for your health.
- We'll **expose** how water, sea salt, sugar and healthy fat affects your body, how much of each you need, and what is a healthy amount for your individual bio chemistry.
- We also will introduce you to **Dr. Quiet, Dr. Diet, Dr. Movement and Dr. Happiness**. They will give you a personalized program that you can follow when you are not here with us!
- Advanced, **accountable and private 1-On-1** nutritional and lifestyle education with a certified CHEK HLC expert and coach. As well as weekly body compositions, weigh-ins and life changing exercises to ensure your success.
- You will also receive the most current and comprehensive books, CD's DVD's on the subjects available today.
- **Life changing online training** and tele-coaching available for family/friends who don't live here in the desert.



This is Not a One Size Fits All Approach,

Nor a magic pill to instantly fix everything! Each aspect is individually tailored to fit your individual needs and concerns. The program is based on a unique synthesis of principles and techniques developed by Holistic Health Practitioner Paul Chek of the Chek Institute, www.ChekInstitute.com. Paul is a sought after presenter and has consulted for organizations such as the Chicago Bulls, Australia's Canberra Raiders, New Zealand's Auckland Blues, the US Air Force Academy and other elite organizations. His information is not only cutting-edge, but also very applicable. This program is brought to you by Ingo Logé owner of Fitness Forever, Exercise Physiologist, Sports Nutritionist, CHEK HLC II, and his team of CHEK practitioners. The boot camps are based on the health and lifestyle factors described in Paul's book titled "How to Eat, Move and Be Healthy."

****There are 3 different life changing camps to choose from starting as low as \$199**

***Note:** A pre-screening questionnaire is included covering all the bodies systems and must be completed in advance.

Fitness Forever 77760 Country Club Dr. # E-G Palm Desert, Calif. 92211 760.200.4920 Www.MyFitness4ever.com

Basic Training

- 60 Minutes of. Private Coaching on How to Get Started Includes:
- Testing With Health Excel and Complete Print Out of Your Personal Results
- Explanation Of Your Results, and a Personal Eating Strategy
- A Complete List of What Kind a of Foods Work Specifically for Your Type
- 1- *Eat, Move and Be Healthy* Book by Paul Chek
- **\$199**

• **Mini Boot Camp/Nutritional Coaching**

- 60 Min of Pre-Testing With The Chek Total Body Inventory Including Sleep, Food and exercise Diaries & Body Fat Testing
- 2 Hours of Private Coaching on How to Use Your Plan Includes:
- Review and Explanation of your Results and a Personal Eating Strategy
- Discovering Your Specific Metabolic Type and Ideal Food Mix.
- 3- Fantastic Books: *Eat, Move and Be Healthy* Book by Paul Chek, *The Metabolic Typing Diet* and *Real Food Real Fast* Your Personalized Eating and Action Manuals)
- **1 - 2 hour “Flatten Your Abs Forever”** DVD The Secrets Revealed!
- Post Email Follow up, How to Fine Tune Your Eating Strategy and How to Proceed with Your Plan.
- **\$375**

• **6 Week Nutritional Boot Camp/Private Coaching**

- Boot Camp Includes: 90 Min of Pre-Testing With The Chek Total Body Inventory Including Sleep, Food and Exercise Diaries & Body Fat/Composition Testing
- 2- Hour Initial Private Coaching on How to Use Your Plan Includes:
- Explanation of Your Results, Cleanse and Personal Eating Strategy
- Discovering Your Specific Metabolic Type and Ideal Food Mix.
- 3- Fantastic Books: *Eat, Move and Be Healthy* Book by Paul Chek, *The Metabolic Typing Diet* and *Real Food Real Fast* (Your Personalized Eating and Action Manuals)
- 1- two hour “*Flatten Your Abs Forever*” DVD The Secrets Revealed!
- Post Email Follow Up on How to Fine Tune Your Eating Strategy, How to Proceed with Your Plan and Weekly Body Fat/Lean Muscle Tests.
- 1- “*You are What You Eat*” Nutritional Coaching and Education
- Weeks 1 and 2: Two 40 min sessions per week Weeks 3- 6: One 30 min per week
- 1- Certificate of Completion.

\$895