

A PARTNERSHIP FOR HEALTH



**belin**  
health



# WOW!

## GET HEALTHY & STAY FIT

### Open to ALL Employees & Spouses

Take a new course of action to get healthy and stay fit. Invest a little time and energy for a better you in the next 8 weeks! Our certified Personal Trainer will deliver motivation, encouragement, and accountability to help you make a lifestyle change, feel better about yourself and accomplish things you've never dreamed of!

- **PRE & POST WEIGH-IN** — circumference measurements
- **NUTRITION SEGMENT** — includes the Eat Right for Life book (WELCOA), goal setting, food log tracking, identifying barriers, healthy recipes, eating out, grocery store strategies, etc.
- **EXERCISE SEGMENT** — includes workouts that change each session and focus on improving strength, balance, flexibility, and help jump start your weight loss.
- **AT-HOME EXERCISES** — personalized corrective exercise plan to follow away from class.

**MONDAYS &  
WEDNESDAYS 4-5 PM**

**ASHWAUBENON  
FITNESS CENTER  
1630 COMMANCHE AVE.**

**JANUARY 19–MARCH 11**

**COST \$140**

**CALL TODAY TO  
RESERVE YOUR SPOT  
(920) 430-4756**

*Deadline date to join is January 18*