



Fit-X San Diego presents:

Lifestyle Coaching

What Do You Have to Lose?

DO YOU:

- Have the desire for change but don't know where or how to start?
- Start your day or week off the "right way" but then find yourself faltering under stress, boredom or fatigue?
- Need the tools to create real positive change but don't know which ones?

Then Lifestyle Coaching is for you!!

JUST 60 DAYS WILL GET YOU RESULTS



What IS Vickie's Secret to your new life? Together you will gain:

- Tools to learn techniques to forever change your current lifestyle
- A plan to get your fitness and wellness routine under control
- Suggestions for behavior change, stress reduction and healthy eating opportunities
- Regular contact with your Coach, Vickie, to keep you on track
- **All for only \$99** *Find out how you can save 15% now!*

Sound like something you need?

Contact Vickie Hubbard. See information below.

- Lifestyle Coaching for 17 years
- Master Trainer / Fitness Industry for 20+ Years
- Let's Make Fitness Possible in an Otherwise Impossible World

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Fit-X San Diego: Your Authorized Fitness Provider!



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Look for Fit-X Fitness Here:



Find your fitness schedule online at
Fitxsandiego.com/SRSRC