

# 3... 2... 1... BE Fit 2017

The Path to a Better You in 3 Easy Steps



## 3, 2, 1... Fitness

GOAL: 3 cardio/wk  
2 weight sessions/wk  
1 fun workout/wk

SUPPORT: \*Body Edge

any/all

Join Body Edge \$39/mo  
incl. one training session

Personal Training  
Sessions \$35 ea  
---- # per week

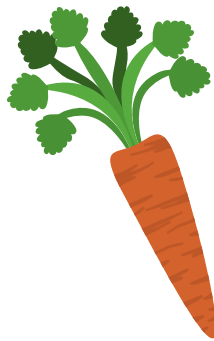
Group Classes  
\$5 or \$7 per class  
\$50/70 - pack of 10



## 3, 2, 1... Food

GOAL: 3 meals/day  
2 snacks/day  
1 planned indulgence

SUPPORT: \*Beth Mincher  
Health Coaching  
\*Be Well Meals  
[www.bewellmeals.com](http://www.bewellmeals.com)



any/all

Prepared Meal Service  
See above website for details

Private Coaching \$60/hour  
-- # of sessions or  
Month Coaching Pkg. \$175

## 3, 2, 1... Function

GOAL: 3 weight support products  
2 support services  
1 supplement

SUPPORT: \*Young Living  
Essential Oils  
\*Supplements  
\*Nature's Pathway



any/all

Slique Maintain Package:  
CitraSlim & Slique oil \$85

Life Probiotic  
\$35

We recommend the following  
services at Nature's Pathway  
to Wellness: Infrared Sauna,  
& Foot Detox. Call for appt.  
910-575-2300

