



Ah, the end of summer. It's a little bittersweet I know. Kids back in school, vacations over, friends and family get-togethers winding down - it all means we have a little more opportunity to get back at a routine! So it's a great time to refocus our efforts and reset our goals.

**This year I've put together a couple of program options to help you!**



**Fall Back to Fitness** is a 3-month commitment to move your body every single day. Here's what's included:

- \* Daily fitness challenges that fit into your lifestyle
- \* Daily email/text support and encouragement
- \* Personalized modifications as needed
- \* Fitness tips and motivations
- \* Running/walking plans based on your goals
- \* Bonus guided video workouts

Current clients: \$25 for all 90 days  
Non-members: \$49 for all 90 days

**Sept 3rd - Nov 30th**

**21-DAY KICKSTART** - Whether you want to do full-bore keto, or just want to clean up your diet and need a little accountability and motivation, this program's for you!

**Here's what you get:**

- \* Customized food plan based on your goals
- \* Individualized macros to fit your needs
- \* Food lists, meals, menus according to your plan
- \* Daily email/text support and encouragement
- \* Daily personalized consultation
- \* Daily nutrition challenges
- \* Food diary monitoring and analysis (paper or MFP)
- \* Video education and motivation
- \* Access to low carb/keto private FaceBook group
- \* Connection with accountability buddies

FaBu-Lifers: \$25

New-to-Keto-Plan: \$40

Lower Carb/Clean Eating Plan: \$30

**Sept 4th -25th**



**This is your chance to get back on track, try something new, and avoid the New Year's groans from years past. Don't let the fall slip by! Sign up TODAY to ensure your spot!**

**Email [goldstandard4fitness@gmail.com](mailto:goldstandard4fitness@gmail.com) or text 336-549-6460**