

TakeDown Challenge

There is no magic way to lose weight. BUT if you are ready to learn, change some habits and tweak your lifestyle, this is the program for you. Simple, tons of support online & in person from peers and fitness & nutrition professionals, personalized exercise prescriptions to suit your schedule and meal ideas, complete with grocery lists, to suit all tastes. *The TakeDown Challenge* gives you a solid base to launch your weight loss goals.

Program is run by North Huron Fitness in Wingham in partnership with NewU Personal Training, Listowel



Look And Feel Better
Than You Have In Years

North Huron Fitness

519-357-1208, ext 21 | mscott@northhuron.ca

April & May 2017

Sign up by April 18

\$179

Member Rate

\$209

Non-Member Rate

Includes:

Meal plans, weigh ins, weekly consultations with
Certified Fitness Trainers & Nutrition Coaches