



## Get a M2LF body!

At **Move It 2 Lose It Fitness**; our goal is simple...to get you in the BEST shape of your life. "Skinny Fat"...This is a reality facing clients and M2LF is here to help! Many clients are under the impression that if their BMI is under 25, then they are skinny and "healthy". The truth is having your body fat percent calculated by M2LF is a more accurate health metric. Many clients that believe that they are "skinny" actually have a higher percentage of body fat, over 30%. Calculating body fat cannot be done by looking into a mirror or wearing a certain size. Excess fat cells can hide deep in your abdomen, legs, and arms. M2LF does not suggest just reducing calories by going on fad diets like a salad only diet, as this will reduce the amount of lean muscle you have, and increase fat storage. The solution... a M2LF strength-training and cardio circuit, and a well balanced diet.

One of the worst mistakes anyone can do is to self diagnose your daily food requirements. The goal of any exercise and weight loss program is to strengthen the body by building lean muscle, reducing body fat, while toning and sculpting your body. Download healthy sample menu plans for free at [www.m2lf.com](http://www.m2lf.com)

## Shape UP Fresno!

- Meets every Thursday evening and Saturday morning  
New class starts 5/9/2009

- Lose Weight!

- Enroll the Whole Family!

- Call 559 307 1408 Today To Enroll!

"A dream does not become a reality through magic; it takes sweat, determination, and hard work."

## Colin Powell

