

You have to Move It 2 Lose It Fresno!



Shape UP Fresno!
Join Central California's BEST
outdoor Boot Camp today!!!

Shape UP Fresno!

- Fresno's Best Boot Camp Meets Three Days per Week!
- Lose Weight and get in the BEST shape of your life!
- New Class starts Saturday August 8th, 2009!
- \$180 per person for 12 weeks of class! That's only \$5 per class!
- Call 559 307 1408 Today To Enroll!

"If you are not sweating... You are not trying hard enough!"

Raffy Haddadin
CEO M2LF

Go Ahead... Eat Some Fiber!!!

1. Eat whole fruit instead of juice.

Whole apples and whole oranges are packed with a lot more fiber and a lot fewer calories than their liquid counterparts. Don't drink what you can chew!

2. Break the fast with fruit. Get off to a great start by adding fruit, like berries or melon, to your breakfast every day.

3. Check the label for fiber-filled

whole grains. Choose foods that list whole grains (like whole wheat or whole oats) as a first ingredient. Bread, cereal, crackers and other grain foods should have at least 3 grams of fiber per serving.

4. Eat more beans. It's easy to forget about beans, but they're a great tasting, cheap source of fiber, good carbs and protein.

Why you need to join the Best!

So...you go back and forth deciding whether to join, well M2LF clients see dramatic results in strength, endurance, and weight loss. The key to success is following a M2LF menu plan AND having proper instruction that will challenge your current fitness level and help you ACHIEVE your personal fitness goals. If you have been doing the same workout routine and expecting different results...then make the call today!

