



Healthy Habits 101



Have you made up your mind that it is time to make a lifestyle change but are unsure how to get started?

This 8 week intro-course will include weekly nutrition lessons and group personal training classes to help get you started on your journey to a healthier – YOU.

Healthy Habits 101

SIGN UP NOW

at the front desk to
reserve your spot for this
8 week class.

**Stop dieting and start incorporating habits that
will be sustainable for life!**

What the Program Includes:

- Weekly 15 minute one-on-one nutrition check ins with Caitlyn
- Group Cardio and Strength Training
- Grocery Store Tour at Wheatsfield Co-op
- Sample Meal Plan & Pantry Staple List
- Weekly Recipes
- Hands-on Food Workshops
- InBody 570: Before and After Assessments
- Topics Discussed: *Intro to Nutrition, Dietary Fats, Fad Diets, Hydration and Exercise, Meal Prepping, and more!*

 +  = **Results!**

**8-week course starting June 23rd
Saturdays 9:00 AM – 10:15 AM
South Education Center**

**35-Minute Nutrition Lessons with
Caitlyn Booms, RDN, LD
9:00 -9:35 AM**

**30-Minute Group Personal Training
with Certified Trainer Jake Cahail
9:45-10:15 AM**

**ONLY
\$149**

Register Online and SAVE 10%!

Non-Members add \$50



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