

# BeFitLifestyle

training+nutrition+activities

## *Free - Life Coaching Power Session*

### ***Life Coaching will help you achieve greater fitness results!***

- Set specific goals and make a realistic action plan
- Create an environment that supports your goals
- Jump start your motivation & stay consistent with your program
- Balance your life so you'll have time to exercise & eat well
- Gain the power to respond rather than react to triggers and cravings

**\$75  
VALUE**

**Contact Pete Kirchmer** at 858-775-5774 or  
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