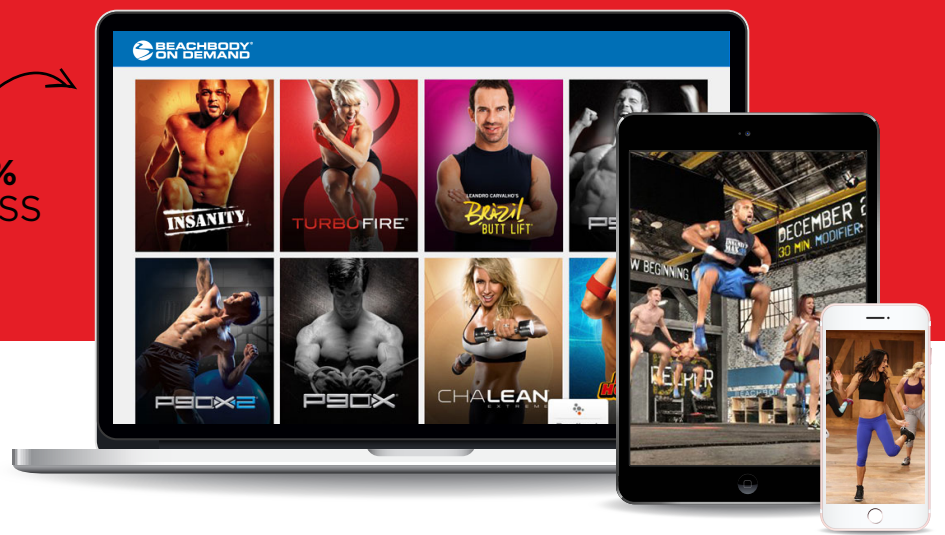


FITNESS

ON DEMAND

100%
ACCESS



Let me ask you something...

if you were granted **unlimited access** to over 45 workout programs, given a **customized** meal plan based on your tastebuds & **one-on-one** encouragement from a health & fitness coach all for just **\$8 a month**, would you be **motivated** to reach your goals?



YOUR GYM

- \$30 a month, contracted
- business hours
- crowded depending on time
- set workout schedule
- machines & weights
- classes based on instructors
- working out in front of others
- 10-20 minute commute
- extra \$\$ for personal trainer
- extra \$\$ for nutritional help
- self motivation
- money oriented
- pat on back for reaching a goal

VS

ON DEMAND

- \$8 a month, no contract
- available 24/7, 365 days a year
- workout in your own home
- no schedules
- body movement & weights
- wide variety of workouts
- working out in privacy
- grab your device & hit play
- FREE one-on-one coaching
- FREE nutritional help
- group motivation
- goal oriented
- win money for reaching a goal

*this is for the average gym

CHOOSE YOUR CLASS

The workouts provided on demand range from HIIT, Cardio, Lifting, Dancing to Yoga. With over 45 programs to choose from, all fitness levels are able to find their swole mate. You have total control over when and where you want to do your workout. No more running on someone else's schedule, this is **YOUR** journey — shouldn't **YOU** be making the decisions?



JOIN THE COMMUNITY

The private communities offered by your coach will empower you to go above and beyond to reach your goals. These groups offer daily motivation, accountability, one-on-one encouragement, success tools, meal planning & meal prepping help and more. By participating in these groups, you will feel a great sense of community and be able to connect to others who you wouldn't normally have the chance to meet. Before long, you will have a **fitfamily**.



TRANSFORM YOUR LIFE

There are no shortcuts or magic pills — you have to work hard and dedicate yourself to reaching your goals. Your coach will be there every step of the way, but it is up to **YOU** to make the change. We won't tell you that it will be easy, but we can promise you that it will be **worth it**.



JOIN OUR NEXT GROUP

STARTING APRIL 3RD

email: carewalker@verizon.net

or message: [facebook.com/carewalk](https://www.facebook.com/carewalk)

it's human nature to feel **scared** when approached with something **new**, but that leap of faith might be the thing that **changes your entire life**