

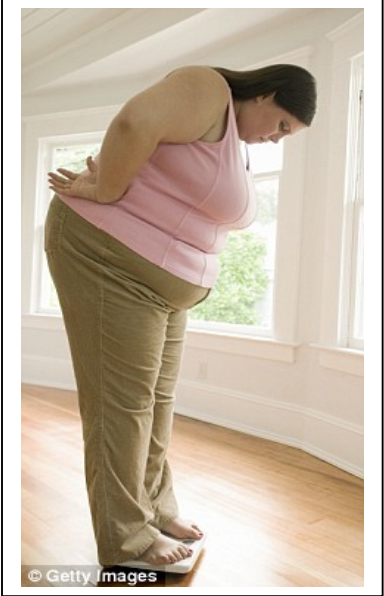


IS NOT EATING MAKING YOU FAT??

Only 6 weeks until Christmas and of course that means the family reunion full of feasting, gifts and good cheer and having to air kiss cousin 'perfect' who always looks so bloody.....Perfect!! Your clothes are a smidge tight so that's it.....better start 'not eating' now.....

Only problem is.... Not eating will actually make you fat!!

- FACT #1** Eating Smaller regular meals will increase your metabolism.
- FACT #2** 'Starving' yourself will just send your body into 'self-preservation mode'. It will then 'hold on to' every ounce of fat, just in case...
- FACT #3** Denying yourself today will generally result in 'bingeing' later.
- FACT #4** Breakfast means to 'break the fast'. Eating breakfast is crucial to an efficient metabolism.
- FACT #5** 5 small meals per day will assist in your weight loss efforts far more than 3 large meals or worse.....one large meal at the end of the day.....



GET A GIRLPOWER! SIX PACK!!

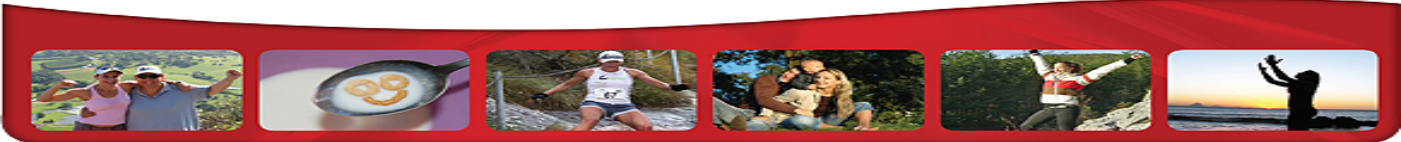
HERE IT IS.... THE 'SIX PACK' EVERY GIRL CAN HAVE! NO MATTER WHERE YOU ARE THIS HOLIDAY SEASON YOU WILL BE ARMED WITH ALL YOU NEED TO MAINTAIN YOUR BODY SHAPE AND SURVIVE THE HECTIC SOCIAL SCHEDULE THAT CAN STEER YOU OFF TRACK.

At Goal Power we know what it's like to have "life" get in the way of life and despite our best intentions, our needs often slide to the bottom of the list.

In the Pack:

- Your Very Own Fitball Value \$49
- A Resistance Band Value \$10
- A 'WHOLE BODY' exercise program using your new Fitball and Band Value \$65
- 10 Session Pass to GirlPower! Outdoor Group Training Program Value \$180
- E Book – 'Effective Time Management Strategies' Value \$49
- GirlPower! 'What to Put in Your Trolley' Fact Sheet Value \$29

TOTAL VALUE \$ 382!!!





Order Your GirlPower! Six Pack for just \$149 Before 1 December 2009 and receive a personalised 'Body You Want' Analysis Valued at \$125 – FREE!

The 'Perfect' Christmas Gift!

To receive a GirlPower! Six Pack Information Sheet and Order Form email info@goalpower.com.au – or call Jen on 0403 236 783

'Most worthwhile achievements are the result of many little things done in a single direction.'

Nido Qubein

If you haven't checked out a GirlPower! Outdoor Group Training Session, check out the attached timetable and take advantage of the November Two-for One Offer!! – I would love to see you there!!

IN THE MEANTIME – TRAIN LIKE A GIRL!!!!

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