



Eat Less, Move More.....

Australia is now officially the 'Fattest Nation'.....

Every organisation, government, health professional, man, woman and child has their opinion on 'how to fix the problem'. There have been reports and studies completed that would make War and Peace look like a comic!!

My report starts and finishes in just four words.....Eat Less, Move More!!!!

To give you an idea of what I mean, check out below, it might surprise and even shock some of you!!!



PRODUCT	CALORIES PER SERVE	EXERCISE REQUIRED TO BURN OFF CALORIES
Mars Bar	275	Walk 67 mins or Run 24 mins
KFC, Meal Box, Chicken 'n Chips 2 piece	722	Walk 176 mins or Run 62 mins
Potato Chips, Chips & Crisps, flavoured 80 g packet	415	Walk 62 mins or Run 101 mins
McDonald's, Frozen Coca Cola, regular	173	Walk 42 mins or Run 15 mins
Wine, White, General 150 ml glass	99	Walk 24 mins or Run 8 mins
Ice Cream, Regular, 1 cup	336	Walk 82 mins or Run 29 mins

How would you like Eat Less and Move More? You can 'Start Today' for FREE!

The GirlPower! Outdoor Group Training Program is for women who know what they should be doing but don't have the motivation to do it on their own.

How can we help you?

Make the decision to 'Start Today' and we will give you your first two weeks, completely FREE! That's right! Do not pay one cent for the first two weeks!

Am I locked into a contract?

No. You can stop at any time.

Can I just do the two weeks then stop if I don't like it?

Absolutely!!





What have you got to lose besides a few kilos!!

OFFER ENDS FRIDAY!

The first five women who 'Start Today' will also receive their personal 'weight loss profile' for Free!

Don't Miss Out!

Call Jen now and start TODAY!

For further details call Jen on 0403 236 783 or email jen@goalpower.com.au

'Everybody is like a magnet. You attract to yourself reflections of that which you are. If you're friendly then everybody else seems to be friendly too.'

David R. Hawkins

Check out the attached GirlPower! Outdoor Group Training Program Timetable.

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

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