

# EMPOWERING YOUR INNER & OUTER SELF

**J**oin us for this innovative new program designed to bring inner and outer strength to both your body and mind.

This class will support you in identifying your personal wellness goals and encourage you to change your life by making positive changes in your nutrition, self care and level of fitness. Set realistic goals and win over self defeating behaviors including negative self talk, low self esteem and poor motivation.

## *Weekly class format includes:*

- Weekly Goal Setting
- Personal Support Group
- Psycho-Educational Activities
- Fitness Class focusing on Strength Training
- Weekly Body Composition and Body Weight Testing
- Wellness Journal

The “*Empowering Your Inner & Outer Self*” program meets twice a week on Monday from 9 to 10 am and on Saturday from 8 to 10 am for 8 weeks at The Enlightened Mind located at 409 E. Campbell Ave, Ste 220, Campbell, CA. 95008.

Program begins September 20th thru November 13th, 2010

Cost of the program is \$280 (including your wellness journal)  
Class limited to 10 participants.

To register, call Stacey Neil MA, ACE Certified Personal Trainer & Founder TotalFit Solutions at 408-887-4571.

For more information, visit our website:

[www.totalfitsolutions.com/fitmind](http://www.totalfitsolutions.com/fitmind).