

90 Day *Commit to get fit!* Program

CHANGE YOUR LIFE IN 90 DAYS

- Nutrition Education
- Behavior Modification
- Stress Management
- Personal Wellness Coach
- Fitness Plan to Success



Typical 90 Day Commit to Get Fit results:

- Average weight loss 5 - 20 lbs
- Average waist size reduction 2 inches
- Decrease in Body Fat percentage
- Drop in blood pressure & cholesterol

With improvements in other metrics such as heart rate, strength, and flexibility.

Informational Session:
Wednesday, May 10th at 7:00 pm

Next Session:
Wednesday, May 17th at 7:00 pm

Informationals and new sessions
will be held monthly

www.cedardale.net



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CEDARDALE
HEALTH & FITNESS

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To register email or call:
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